

Introduction – “Warm-up”

Prevention in musical theatre and dance

1. Challenges
2. Biorhythm
3. Insurance system

Eileen M. Wanke

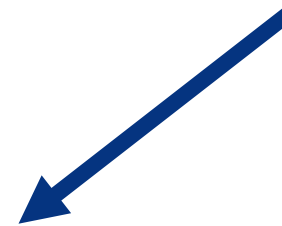
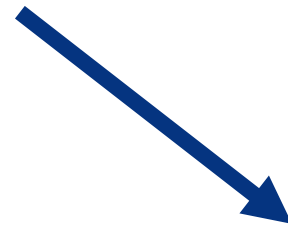


Challenges

“Musical theatre performers are the combiners in the performing arts.”

Psychological demands

Physical loads

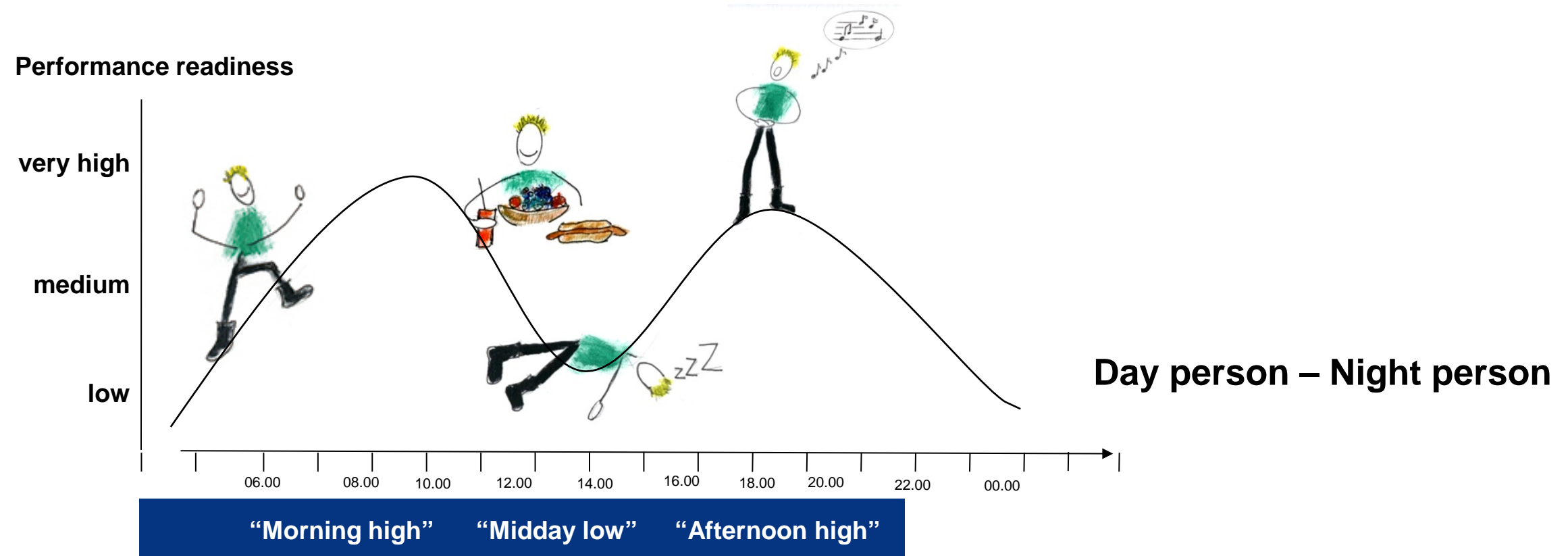


Work tool = body
Very little help available

“How people tick” – circadian rhythm

Average performance curve

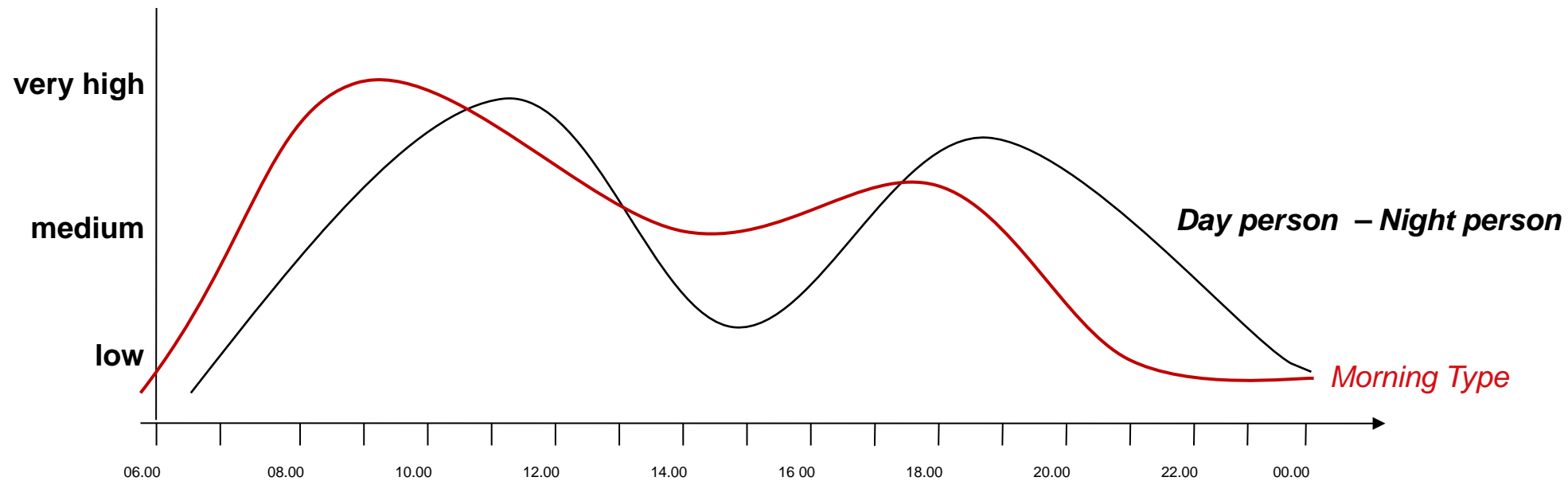
Fluctuating performance during the course of the day – biorhythm



“How people tick” – circadian rhythm

Fluctuating performance during the course of the day – biorhythm

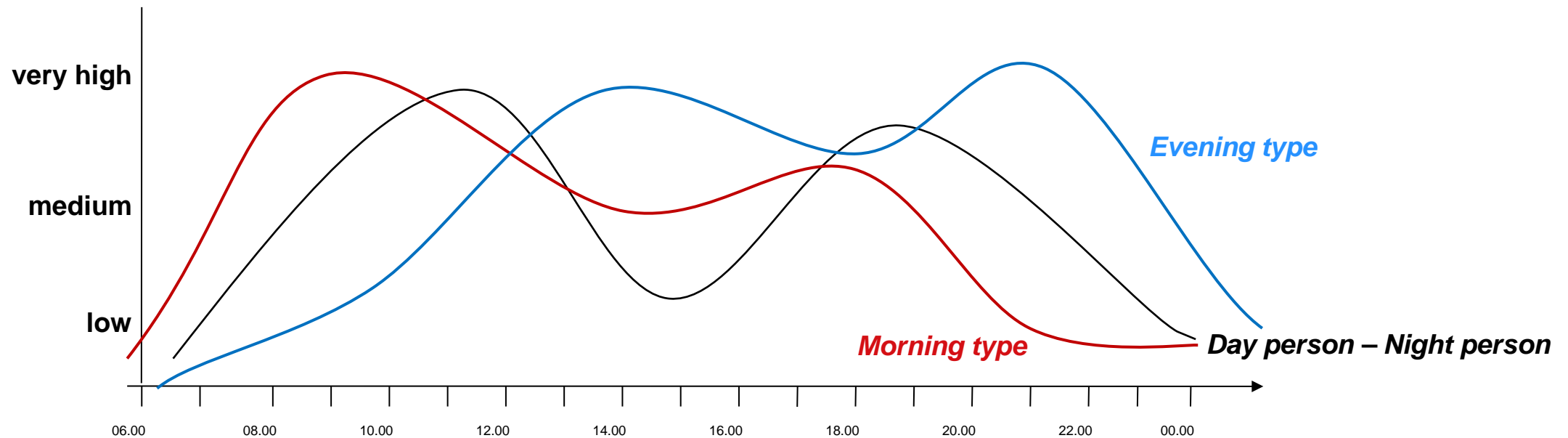
Performance readiness



“How people tick” – circadian rhythm

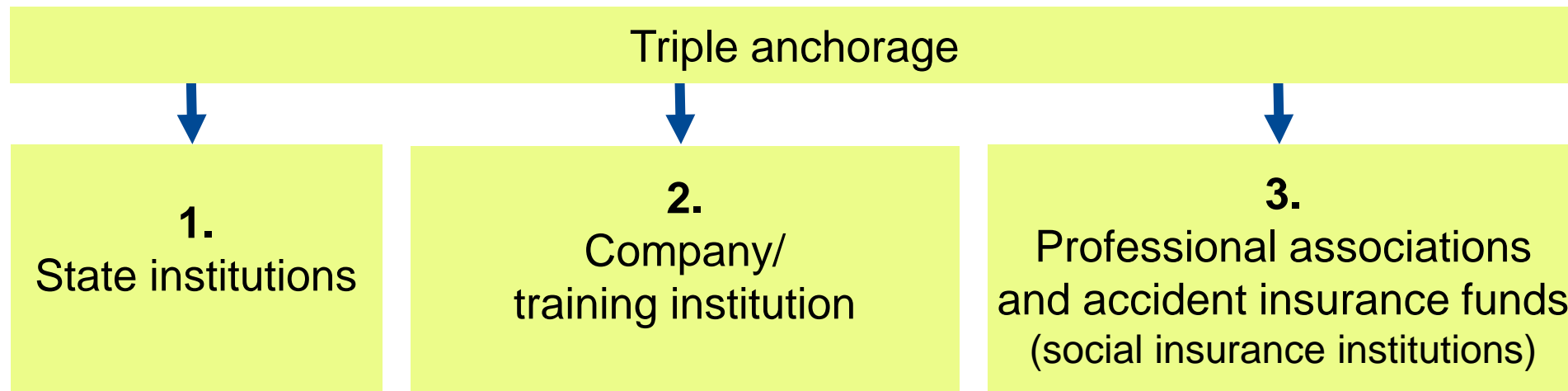
Fluctuating performance during the course of the day – biorhythm

Performance readiness



Occupational health and safety – work-related accident – German Social Accident Insurance (DGUV)

Includes all measures designed to protect workers (students) or trainees from work-related hazards



Tasks of the GUV (Statutory Accident Insurance)

- **Insurance cover in the event of work-related accidents and occupational disease through**
 - Benefits in kind
 - Cash benefits
- **Accident prevention measures**
(prevention, protection against work-related health hazards, prevention of work-related accidents)
- **Rehabilitation after a work-related accident**
- **Compensation, if applicable**
(either in cash or as an invalidity pension)



Work-related accident – definition

A work-related accident in the sense of the statutory accident insurance is

- an accident suffered by an insured person as a result of the insured activity

The accident is

- involuntary,
- time limited (e.g. impact, fall, sliding movement etc.) and
- an external event that affects the body, leading to damage to health or death.

Work-related accident – recognition

- Insured person (with GUV)
- Insured activity
- “Commuting accident”
- “Private errands”

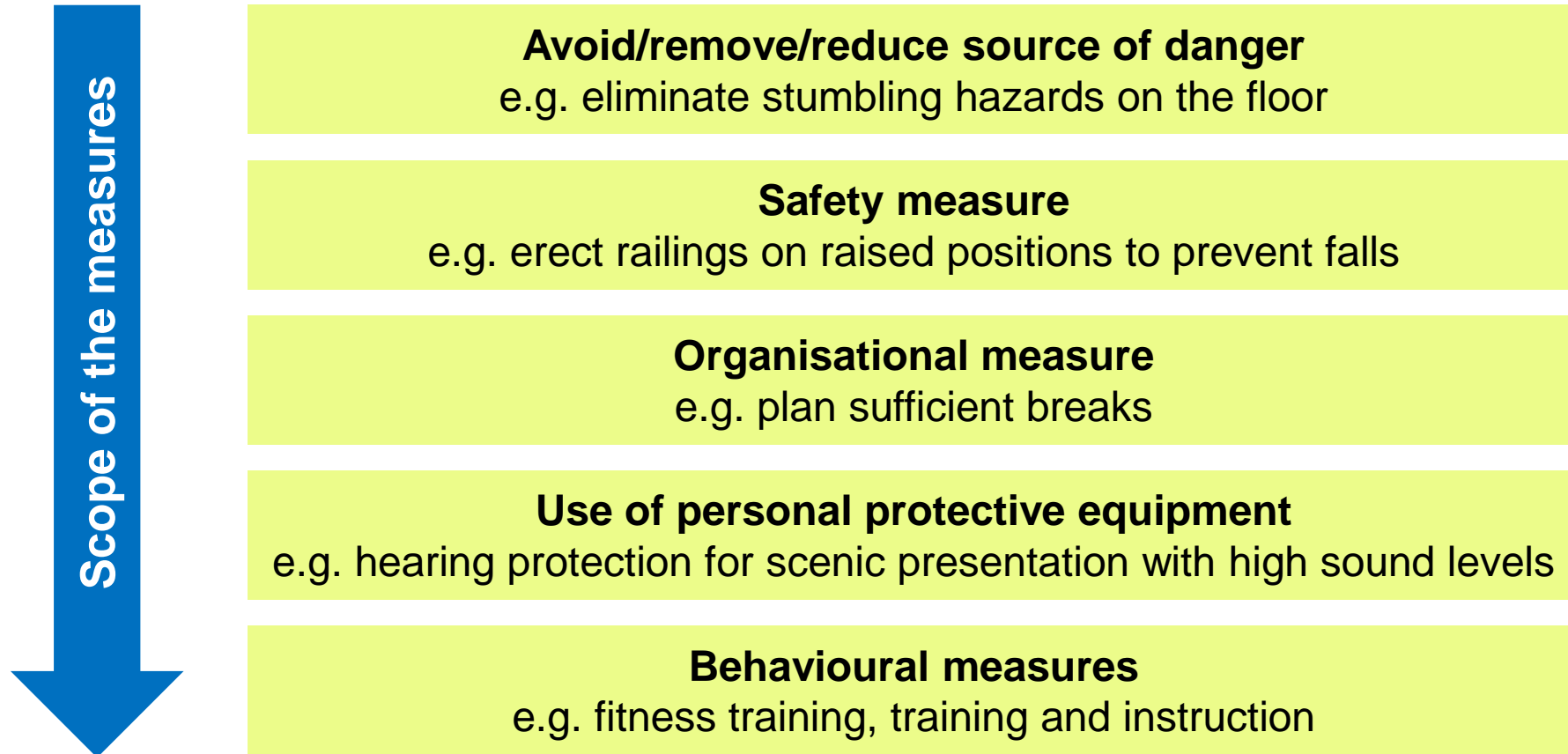
Work-related accident – behaviour

1. **Discontinue activity, if necessary**
2. **Report accident to the educational institution**
(in principle, every accident, even the smallest one, should be reported.)
 - Creation of an accident report (together with employer)
3. **Consultation of a D-Arzt (accident insurance consultant)***
 - diagnostic clarification
 - creation of a medical referral report
 - decision on subsequent course of action

* Durchgangsarzt



Occupational safety – priority of measures



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Under www.vbg.de/prevention-musical-dance you will find the following additional material:

- Methodological-didactical commentary
- Background information for teachers
- Work sheets
- Media collection