Welcome to Craven College and **Performing Arts (Acting) HNC.**

To help you prepare for your course we would like you to complete the following task and bring it to your induction session.

**Task: Describe the importance of health, safety and wellbeing when working within the performing arts industry**

Health and safety has become an intrinsic part of all workplaces and as such you are required to evidence that you have learned about health and safety in the workplace. You are also required to communicate your knowledge of how to look after yourself while working as a performing artist, considering all aspects of health and safety, including fitness, injury prevention and management, emotional and mental health and diet and nutrition. You may choose how to present your learning – either in written format or via a presentation. In order to present clear findings, it is necessary to separate your work into two sections: the first should cover health and safety in the workplace and the second should cover personal health and safety, including the topics listed above.

Please prepare your presentation/work on the following:

1. Define health, safety and wellbeing in the context of a performing arts career
2. Explore the risks associated with sustaining health and wellbeing in a career in a performing arts environment

If you have any further questions about the task please email:

**taldersley@craven-college.ac.uk**