



## Heat Safety and Heat Illness Prevention Plan and Training

Background actors work in all kinds of environments. Especially here in California, heat levels in the summer often reach over 100°F. Please read this information on how to protect yourself from heat-related illness.

### I. Types of Heat Illness:

**Heat rash** is caused by excessive sweating during hot and humid weather and appears on the skin in the form of a rash or small blisters.

**Heat cramps** are painful muscle spasms that occur when excessive sweating (usually from strenuous physical activity) has depleted the body of its salt and fluids (electrolytes).

**Sunburn** is caused by overexposure to the sun's ultraviolet rays. It may cause burns and blister on the skin which may also be called sun poisoning. Long term exposure to the sun may lead to skin cancer.

**Heat exhaustion** occurs when the body loses more fluids than it has taken in. Some symptoms include excessive sweating, cold and clammy skin, weakness, muscle cramps, dizziness, vomiting and loss of consciousness.

**Heatstroke** is a life-threatening emergency that occurs when the body's natural temperature regulation system shuts down and normal sweating stops. Symptoms include hot, dry, flushed skin or profuse sweating, chills, altered behavior, slurred speech, convulsions and high internal body temperature.

**If any of these symptoms are present, find the assistant director or production assistant on the set or ask someone to find them on your behalf to seek help immediately!**

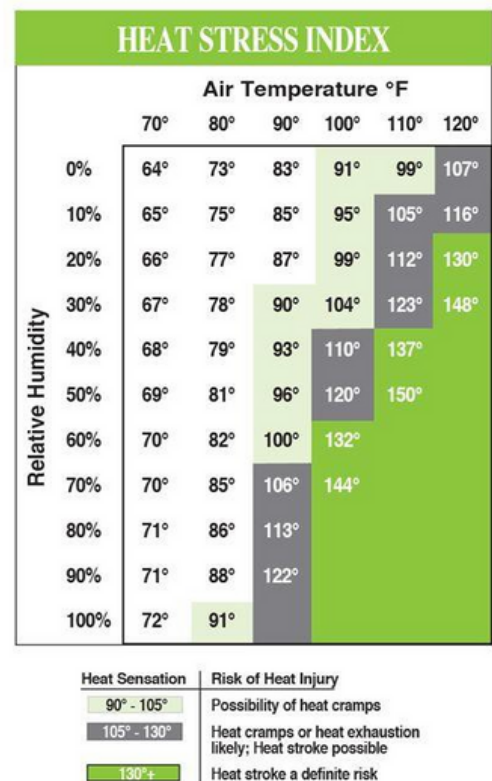
Some of the following personal and environmental conditions can increase the risk of heat related illnesses:

#### Environmental conditions

- High air temperature
- High humidity
- Lack of air movement
- Physical activity
- Direct heat from the sun
- Personal protective equipment

#### Personal conditions

- Insufficient water consumption
- Consumption of alcohol, caffeine, energy drinks or carbonated drinks
- History of heat illness
- Poor fitness level - overweight or underweight
- Medications
- High sugar or salt diet
- Advanced age or young age



## II. Acclimatization

To function properly, the body needs to stay between 97 and 99°F. The body adjusts to help maintain this body temperature regardless of what the temperature is outside. The process that helps a person adjust to the heat is called *acclimatization*. In acclimatized workers, the body cools down faster by sweating more efficiently (i.e., sweating earlier and losing fewer electrolytes through sweat).

It can take between four days up to two weeks for workers to acclimate to the heat. For those two weeks while the body is adjusting to the hotter temperatures, workers are at a higher risk of developing heat illness. It is important that everyone takes extra precautions while acclimating to the heat.

During this period, you should begin work slowly and gradually increase your work pace and schedule. Drink more water more frequently when you're in the heat; at least 32 oz per hour is recommended. You may not feel thirsty, but your body can still be losing as much as three gallons of water a day in hot weather. If you are not needing to urinate during the workday, then you are not drinking enough water. Avoid caffeinated drinks such as coffee, tea, and soda, as well as alcoholic drinks, which can cause your body to lose water more quickly. Water stations are available in the background actor holding area as well as in the craft service area on production sets. Avoiding sugary and salty snacks on a hot day can also help the body use less water. Also, take more breaks in the shade during this period. On the production set, there are often long periods of time waiting for the crew to prepare a scene before it is ready for actors; thus, when not in front of the camera, go into the shade and wait until you are needed on the set. Even indoors, if the building is not temperature controlled, you will be at risk of overheating and you should seek shade outdoors during waiting periods until you are needed in front of the camera. Most of the time, background actor work does not require strenuous physical effort (typically, scenes involve sitting or walking in front of the camera); thus, unless your scene requires strenuous physical effort (such as an action scene), conserve your energy so your body does not overheat and use up more water unnecessarily.

## III. Heat Illness Prevention Tips

### *DRINK WATER!!!*

- Studios are in charge of the set, and they will have water available on set. Water stations are typically available in the background actor holding area as well as in the craft service area on production sets. If water stations are lacking, first ask production staff about the water station location. Because in the motion picture industry, there is always craft service (aka food service) on set, water availability should not be an issue. But, in the off chance that production staff does not resolve it, please let your casting director at Central Casting know immediately so that the casting director can communicate with the studio's production staff for a resolution.
- The average person may lose up to two quarts of fluids per hour when working in hot weather. Dehydration can occur very quickly.
- The only way to replace your body's fluids is to drink water.
- By the time you feel thirsty, you may already be dehydrated. So, drink water even if you don't feel thirsty.
- Avoid the consumption of alcohol and caffeine and limit the amount of sugar and salt.

### *WEAR APPROPRIATE WORK CLOTHES AND COOL DOWN UNDER COVER*

- Wear a wide brim hat, sunglasses and loose cotton, light-colored fabrics to help you stay cool.
- Cover your head, such as with a hat, a towel, or even a magazine, to avoid scalp burn.
- Take frequent breaks in a shaded area, such as the background actor holding area. Because most of the time spent on a set is waiting for the crew to set up a scene for filming, you will have plenty of opportunity to sit and wait in the shade.
- Bring an umbrella with you to set and use it to protect yourself from the sun.  
When possible, stay out of direct or reflective light.  
Applying sunscreen is also recommended when possible.

## IV. Emergency Response

production to apprise us if a medical problem occurs on the set. PCE Casting will then communicate with the studio's production staff on any necessary next steps.

### Summary

Heat illness may be prevented if these measures are followed. Understanding heat illness may save your life and others. So please watch for symptoms, drink plenty of water and report any signs of heat illness immediately to production's staff!

**By signing below, I have read and understand the above guidelines regarding Heat Safety and Heat Illness Prevention and I will follow these guidelines whenever I am on the production set. If I am signing on behalf of my minor, I agree to explain the information herein to my minor and I will ensure that my minor follows these guidelines whenever working on a production set.**

\_\_\_\_\_  
*Print legal name*

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

If signing on behalf of a minor:

\_\_\_\_\_  
Print legal name of Minor

\_\_\_\_\_  
Signer's relationship to Minor