



## HEAT PRECAUTIONS

Environment Canada has issued weather alerts due to the unseasonably hot weather in BC. With this comes concerns about developing heat stress, heat related illnesses, and in extreme cases, even death.

All employers must conduct heat stress assessments and develop and implement exposure control plans (ECP) with measures to protect workers. Employers must also train and educate workers on how to prevent heat related illness, recognize symptoms, and what you should do if you, or someone else, starts to feel unwell in the heat.

### WHAT DO YOU DO WHEN IT'S TOO HOT ON SET?

1. If there is limited or no shade, water, or rest from the hot work or work environment, ***SPEAK UP!*** Talk to your Supervisor ASAP: BG Coordinator, Stunt Coordinator, AD, or PM.
2. If speaking with your supervisor does not result in improvements, **contact UBCP/ACTRA 604-689-0727 or email [report.it@ubcpactra.ca](mailto:report.it@ubcpactra.ca) without delay.**
3. **Background Performers - Be aware of "D410 Inclement Weather" in the BCMPPA:**  
*No Background Performer will be required to be exposed to inclemency or extremes of weather for unreasonably long periods of time. During intemperate or inclement weather, Background Performers will be allowed a rest period of not less than ten (10) minutes per hour, when they will be able to seek shelter from the elements, provided that completion of the shot shall not be considered a breach of this Article.*
4. **Be prepared and protect yourself from the heat - general precautions:**
  - **HYDRATE!** - Drink plenty of cool water every 15 min.
  - Alternate water and electrolyte drinks or eat foods that are high in electrolytes
  - Avoid caffeinated tea, coffee, and soda
  - Use sunscreen
  - Wear long loose sleeved shirts and pants and a wide brimmed hat when possible
  - Stay in the shade as much as possible
  - Take more breaks and rest – tell your supervisor if you feel breaks are needed.
  - Avoid overexertion
  - NEVER take Advil or Tylenol for headaches without checking in with First Aid first.
5. **Keep an eye on fellow performers and crew for signs of heat stress. Be especially mindful of:**
  - Minors/children
  - Seniors/persons of advanced age
  - Individuals who may be of ailing health, pregnant, obese or have medical conditions
  - Performers working in heavy costumes/materials that don't allow for heat regulation
  - Performers in prosthetics, heavy make up and/or wearing wigs
  - Doing physically demanding work, running, dancing, stunt work, etc.

If you, or someone else is showing signs of heat related illness, **IMMEDIATELY tell your supervisor and CALL for FIRST AID!**

A w a r e n e s s

## Heat-Related Illness

# Watch for Signs

Heat-related illnesses can quickly progress from heat exhaustion to heat stroke – and even result in death.



### Take Action

**Move** to a cooler, shaded location.

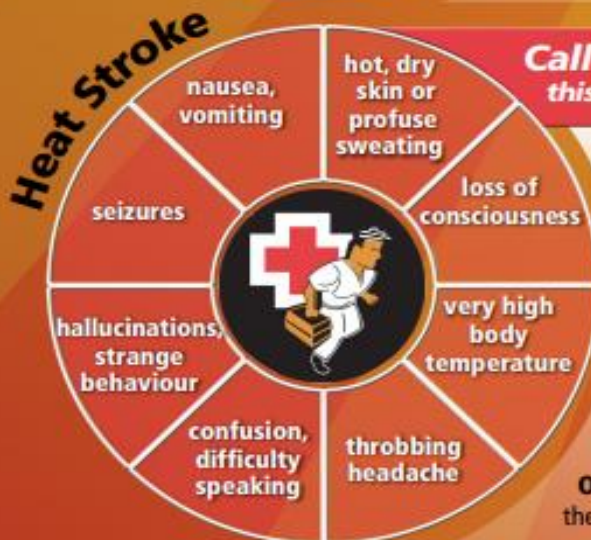
**Remove** as much clothing as possible (socks and shoes too).

**Cool down** by applying cool wet cloths or ice to your head, face or neck. Spray yourself with cool water.

**Drink** water, clear juice, or a sports drink.

**Get medical aid** if you don't start to feel better.

**Have** someone stay with you until help arrives.



### Call 911 immediately; this is a medical emergency.

**Stay** with the person until help arrives.

**Move** to a cooler, shaded location.

**Remove** as much clothing as possible (socks and shoes too).

**Wet** the person's skin and clothing with cool water.

**Apply** cold, wet cloths or ice to head, face, neck, armpits, and groin.

**Offer** sips of water, but do not force the person to drink.



**CCOHS.ca**

Canadian Centre for Occupational Health and Safety

1-800-668-4284