



HEAT PRECAUTIONS

The early arrival of hot weather has quickly increased the risk of developing heat related illnesses with potentially serious, long-lasting effects, injuries, or even death.

All employers in BC are responsible for providing workers with a safe work environment. When the temperature rises, WorkSafeBC requires employers to conduct heat stress assessments to determine if there are risks and whether exposure control plans (ECP) must be implemented to protect you. Once an ECP is in place, Performers should be provided with education and training on the risks and controls for heat-related illness before starting work, to ensure you know the signs and symptoms of heat-related illness, how and where to access first aid, and when to seek medical assistance.

WHAT TO DO WHEN IT'S TOO HOT ON SET

1. If there is limited shade, water, or rest from the hot work or work environment, and you are concerned about your health and safety, talk to your supervisor (BG Coordinator, Stunt Coordinator, AD, or Production Manager). They are required to take the appropriate steps to determine if the work is unsafe and to remedy the situation. Should your supervisor fail to address your concerns, you may exercise your [right to refuse unsafe work](#) without fear of reprisal.
2. If speaking with your supervisor or exercising your right to refuse unsafe work does not result in improvements, **call UBCP/ACTRA: 604-689-0727 (M-F 8:30-4:30) or email report.it@ubcpactra.ca without delay.**
3. **Background Performers - Be aware of "D410 Inclement Weather" in the BCMPA:**
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 approximately 250ml. of cool water or fluids every 15 minutes even if you are not thirsty.
 - Alternate water and electrolyte drinks or eat foods that are high in electrolytes such as bananas, dates, raisins, and avocado.
 - Avoid caffeine, sugary drinks, energy drinks, and alcohol
 - Use sunscreen
 - Wear long, loose sleeved shirts, 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

- Do not take medication for headaches unless approved by First Aid.

5. **Keep an eye on fellow performers and crew for signs of heat stress. Be especially mindful of:**

- Minors/children
- Older individuals/seniors
- Individuals with personal risk factors such as medical conditions, poor physical conditioning, being pregnant or obese
- Anyone with a history of heat illness or an active sunburn
- Performers working in heavy costumes/materials that don't allow for heat regulation
- Performers in prosthetics, heavy make up or wearing wigs
- Performing physically demanding work, such as running, dancing, stunt work.

If you notice signs or symptoms of heat stress in yourself or someone else, such as cramping, excessive sweating/no sweating, dizziness, nausea, headaches or feeling faint,

CALL for FIRST AID IMMEDIATELY!

Awareness

Heat-Related Illness Watch for Signs

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

Heat Exhaustion

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.

Heat Stroke

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