



What to do when it's HOT on set:

1. If there is limited or no shade, water, 'Gatorade' or electrolyte type drinks, or rest from the hot work or environment, ***please SPEAK UP!***

Talk to your immediate Supervisor ASAP:

- BG Coordinator, Stunt Coordinator, AD, Production Manager
2. Be aware of "*D410 Inclement Weather*":
 - No BG is required to be exposed to extremes of weather for unreasonable periods of time.
 - Rest breaks of 10 min. per hour are allowed.
 3. If contacting your supervisor does not result in improvements, contact UBCP/ACTRA 604-689-0727 or use report.it@ubcp.com after hours.
 4. Keep an eye on your fellow members and crew for signs of heat illness.
 - Be especially mindful of children, seniors, working in heavy costumes, prosthetics or doing physically demanding work.
 5. Experiencing headaches, dizziness, nausea, etc.?
REPORT TO FIRST AID ON SET IMMEDIATELY and do NOT take any Advil or Tylenol for headaches without checking in with First Aid first.

HEAT EXHAUSTION

Symptoms

- Faint or Dizzy
- Headache
- Profuse Sweating
- Irritability
- Weak, Rapid Pulse
- Shallow Breathing
- Pale, Cool, Clammy Skin
- Nausea or Vomiting
- Muscle Cramps

Treatment

- 1) Have victim lie down in a cool shaded area or air conditioned area.
- 2) Drink water if victim is conscious.
- 3) Use caution when victim stands up, apply cold compresses.

HEAT STROKE

Symptoms

- Absence of Sweating
- Pulsating Headache
- Hot, Red, Dry Skin
- High Body Temp: Above 103
- Nausea or Vomiting
- Strong, Rapid Pulse
- Confusion
- Convulsions
- May Lose Consciousness

Treatment

1) DIAL 911

- 2) Take action to cool victim by any means. Place victims in a cool area, wrap in wet towel, sponge victim with cool water.



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Info Source: MayoClinic.org