



InnoVision Talent Agency Heat Safety and Heat Illness Prevention Plan and Training

Talent may 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 blisters 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.

If you are experiencing a medical problem or you witness another person experiencing a medical problem, whether related to heat illness or otherwise, immediately seek help from production's staff. Production's staff will get for you the medical attention that you need, including transportation to a hospital if necessary. Once the immediate danger from the medical issue is addressed and you are able to do so, contact your casting director at InnoVision Talent Agency to let him/her know of the situation.

InnoVision Talent Agency does not have any representatives present on production sets, and thus, InnoVision Talent Agency depends on you or the production to apprise us if a medical problem occurs on the set. InnoVision Talent Agency 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

Contractor's signature _____ *Date signed* _____

Contractor's Full Name _____

If signing on behalf of a minor contractor:

Signer's Relationship to Minor Contractor _____