

Heat Illness Prevention

Heat Illness is a serious medical condition resulting from the body's inability to cope with a particular heat load and includes: heat cramps, heat exhaustion, heat syncope (fainting), and heat stroke. Heat stroke can progress quickly from mild symptoms to a life-threatening situation.

	Heat Cramps	Heat Exhaustion/ Heat Syncope	Heat Stroke
Symptoms	Heavy sweating; painful cramps	Heavy sweating, cold/ clammy skin, fast/weak pulse, nausea/vomiting, dizziness, headache	High body temp (103°F+), hot/red/dry/damp skin, vomiting, dizziness, losing consciousness, confusion
Response	Stop physical activity and move to a cool place. Drink water or a sports drink. Resume physical activity when cramps stop. Get medical help if cramps last more than one hour.	Move to a cool place. Loosen clothing. Put cool, wet cloths on the body. Sip water. Get medical help if vomiting happens, symptoms get worse, or symptoms last more than an hour.	Seek emergency care immediately. Move to a cooler place. Help lower the person's temperature with cool rags. Do not give the person anything to drink.

**Implement the buddy system to monitor colleagues for heat-related illness.
Seek emergency care if needed and alert your Crewing Manager if you have any safety concerns.**

Personal Risk Factors

- Water consumption
- Alcohol/caffeine consumption
- Degree of acclimatization
- Use of prescription medications that affect the body's water retention or other physiological responses to heat
- An individual's age/health

Environmental Risk Factors

- Air temperature
- Relative humidity
- Radiant heat from the sun and other sources
- Conductive heat sources such as the ground
- Air movement
- Workload severity/duration
- Protective clothing and PPE worn by employees

Other Factors Affecting Body Heat

- Exertion – Heat build-up inside the body from physical work activities is the major source of heat load.
- Clothing – Wearing inappropriate work clothing (e.g., dark colored or tight-fitting clothing), can increase the risk of heat illness.
- PPE – The more the body is covered with materials which limit cooling, the greater the potential for heat illness.

Heat Illness Prevention Strategies



- Drink small quantities of water frequently.
- Drink up to 4 cups (32 oz.) of water per hour when the weather is hot and you are sweating.



- Take a 5-minute cool-down break in the shade if you feel yourself overheating.



- Acclimatization is the concept of "getting used to" the heat.
- Inform your Crewing Manager if you have not previously been working in an outdoor environment.

You have a right to access water, shade, cool-down breaks, and first aid.

Tell your POC, Tech Manager, Producer/Director Employer Representative, Crewing Manager, or Venue EMTs immediately if you see signs of heat illness in yourself or a co-worker!