

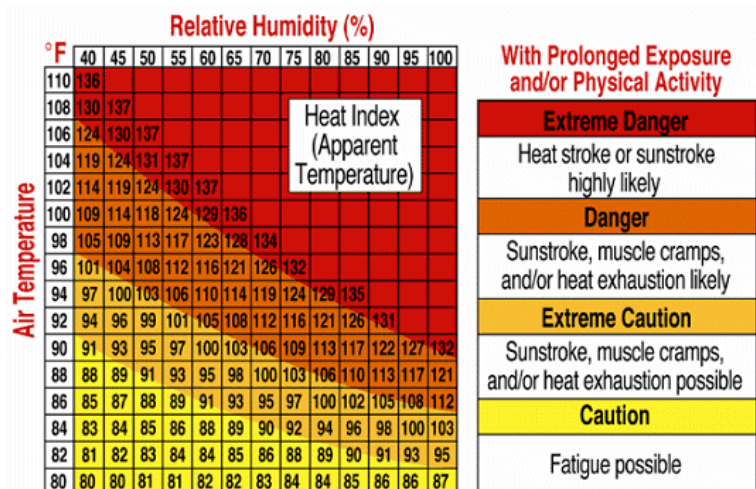
INTRODUCTION

The entertainment industry often involves working in extreme conditions, from outdoor film shoots in the desert to stage performances under heavy lighting. It's crucial to recognize that high-heat conditions can pose serious health risks such as heat exhaustion, heat stroke, dehydration, and other heat-related illnesses. In this lesson, we will cover what is considered high heat, common areas or times in the entertainment industry where you may be exposed to high heat, and what to do when temperatures are high.



WHAT IS CONSIDERED HIGH HEAT

The National Weather Service recommends that extreme caution be practiced when temperatures reach 90 degrees Fahrenheit or higher. When temperatures are that high, many local and state governments and local media will use the term “high heat” to describe this extreme caution category. Additionally, relative humidity can also make the temperature feel hotter than it actually is. An example of this would be if the air temperature is 88 degrees Fahrenheit and there is a relative humidity of 75 percent, which can then make the temperature feel like it is 103 degrees Fahrenheit. To help with the calculation for heat and humidity, the National Weather Service has created the heat index.



A heat wave is when temperatures stay abnormally high for two or more days. Heat waves are common throughout the summer months but may also exist in the early part of the fall and/or spring, depending on the area in which you are working.

Performing work when temperatures are at or above 90 degrees Fahrenheit, whether indoors or outdoors, can expose you and others to increased chances of experiencing a heat-related illness.

Please note that the heat index is not the only measurement used by the National Weather Service, as they also use the Wet Bulb Globe Temperature (WBGT), which is a parameter that estimates the effect of temperature, relative humidity, wind, and solar radiation on humans. WBGT may be used in work environments to also monitor heat conditions. This is used in areas for direct sunlight.



ENTERTAINMENT: HEAT ILLNESS PREVENTION – HIGH HEAT

COMMON AREAS OR TIMES IN THE ENTERTAINMENT INDUSTRY WHERE YOU MAY BE EXPOSED HIGH HEAT

There are many areas or times within the entertainment industry where you may be exposed to high heat. These include, but may not be limited to:

- Outdoor filming locations
- Indoor sets with heavy lights
- Use of special effects
- Open-air venues
- From stage lighting
- When in areas with crowded conditions
- When wearing heavy costumes
- When wearing heavy makeup
- When doing outdoor performances
- When working in server rooms
- When working at food or beverage stands (i.e., crafty)
- Rehearsal spaces

WHAT TO DO WHEN TEMPERATURES ARE HIGH

Pre-Production

If you are aware that you will be working when temperatures will be high or expect temperatures to rise to 90 degrees Fahrenheit or more throughout the day, you should do the following:

- Make sure that a risk assessment has been conducted to identify any potential high-heat hazards.
- Where feasible, try to schedule production activities that will require strenuous work for cooler parts of the day, such as early morning or late evening.
- Make sure that production plans include time for frequent breaks in areas that are shaded or air-conditioned.
- Where feasible, plan for time for cast and crew to acclimatize to the hot conditions.

During Production

When productions are underway, you should do the following:

- Attend all safety meetings and briefings.
 - If you have questions about safety or mitigation measures for times when temperatures are at or above 90 degrees Fahrenheit, please speak with your supervisor or designated contact.
 - Safety and mitigation measures are often known as high heat procedures.
- Monitor the temperature and humidity throughout the day in accordance with the production's policies and procedures.
- Where feasible, wear lightweight, light-colored clothing.
- Where feasible, when working indoors, use fans or air conditioning to help circulate the air and to control indoor temperatures.
- Where provided, use shaded areas to help you cool down.
- Where feasible, make sure to use provided personal protective equipment, such as cooling vests under costumes or uniforms.
- Make sure to stay hydrated by drinking plenty of water.
- Where feasible, when working outdoors, use plenty of sunscreen and wear a wide-brimmed hat.





ENTERTAINMENT: HEAT ILLNESS PREVENTION – HIGH HEAT

- Monitor yourself and others for the signs and symptoms of heat-related illness.
 - If you notice that you or someone else is displaying symptoms of a heat-related illness, immediately notify designated personnel.

For more information on heat illness prevention, please refer to our “Entertainment: Heat Illness Prevention” lesson.

CONCLUSION

To conclude, when temperatures on production reach or exceed 90 degrees Fahrenheit, everyone is at an increased risk of experiencing heat-related illnesses. To help minimize the chances of someone getting sick, designated crew members should do as much pre-planning as possible, and when production is in progress, individuals should monitor themselves for signs and symptoms of heat-related illness, drink plenty of water to stay hydrated, and follow the production’s high-heat procedures. If you have questions regarding the production’s high heat procedures, please speak with your supervisor or designated contact.

