

Heat Illness Prevention Checklist

For Film Sets, Events, and Outdoor Worksites

Reach out anytime: safety@moviemedic.biz

PRE-SHOOT / PRE-EVENT PREP

- Review forecasted weather (temp, humidity, heat index)
 - Provide shaded rest areas or cooling stations
 - Ensure access to clean drinking water (1 quart/hour minimum per person)
 - Stock oral electrolyte packets or sports drinks
 - Establish an emergency response plan for heat illness
 - Assign a trained individual to monitor for signs of heat illness
 - Brief cast & crew on heat risks and early symptoms
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ON-SITE DAILY SAFETY

- Conduct a **heat safety briefing** during call time
 - Encourage water breaks every 15–30 minutes
 - Limit strenuous activity during peak heat hours (12–4pm)
 - Monitor individuals in PPE, full wardrobe, or heavy gear
 - Rotate high-exertion positions frequently
 - Use misting fans or cool towels when available
 - Watch for signs of **heat exhaustion**:
 - Heavy sweating
 - Weakness or dizziness
 - Headache or nausea
 - Cool, clammy skin
 - Fainting
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IF SYMPTOMS OCCUR

- Move the individual to a shaded or air-conditioned space

Disclaimer:

This checklist is provided for general informational purposes only and is not a comprehensive safety guide. It does not replace professional medical, legal, or safety advice. MovieMedic.biz LLC assumes no liability for injuries, damages, or omissions resulting from the use or reliance on this document. Always consult with qualified professionals when planning and executing film productions.

- Apply cool, wet cloths to skin or mist with water
- Have them sip water slowly (unless unconscious or vomiting)
- Lay person down with legs elevated if dizzy or faint
- Monitor and activate EMS if no improvement within minutes
- If symptoms escalate to **confusion, vomiting, or loss of consciousness**:

➤ **Call 911 immediately — suspect heat stroke**

POST-SHOOT / WRAP


- Debrief safety and note any heat-related issues
 - Replenish water and electrolyte supplies for the next day
 - Adjust call times if extreme heat persists
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Pro Tip:

Heat illness is 100% preventable. Don't wait for symptoms—hydrate early, rest often, and check in with each other throughout the day.

Want to leave the safety stuff to the pros?

We provide expert on-set medics, lifeguards, and safety advisors so you can focus on the shot—not the "what-ifs."

 Reach out anytime—because peace of mind should always be in the budget.

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