



**WATER.  
REST.  
SHADE.**

*The work can't get done  
without them.*

**A HEAT SAFETY DVD – ENGLISH SCRIPT**

<p><b>SHOT LIST</b> Key: WS = Wide shot MS = Medium shot CU = Close up MCU = Medium close up Insert = focus on something integral to the scene</p>	<p><b>SCRIPT</b> Key: VO = Voice over Super = Words appearing on screen</p>
<p>Open with TV show-type of intro. As a graphic mix of words and images, this 30-second intro will “tease” elements that will be featured throughout the video and will roll out the video title (TBD). We will feature a mix of images representing each of our target audiences: <b>Latino, Latina, Hmong male, Punjabi male, Mixteco female</b></p>	
<p>Medium Camera Shot: Interview Construction Worker</p> <p>Re-enactment of construction worker building the framework of a house.</p> <p><b>WS</b> of construction worker hammering nail in lumber, feeling faint and falling to the ground.</p>	<p><b>Latino</b> construction worker: “It started out just like any other day. I was building the frame of a house. It was getting really hot — but, you know, it’s hard to avoid being in the sun when you’re doing work on a home. But after a few hours, I started getting cramps in my legs...”</p>
<p><b>MS</b> of same scene.</p>	<p>Super: “My head was spinning...”</p>
<p><b>MCU</b> of same scene.</p>	<p><b>Latino</b> construction worker: “My head was spinning; I wanted to vomit. I thought maybe it was something I ate... Later on, I found out that I had collapsed.”</p>
<p>Vis: Motion graphic treatment of sun waves on the horizon <b>MS</b> of sun. <b>WS</b> of summer road with heat waves in the distance.</p>	<p><b>VO: IT’S ONE OF THE EASIEST THINGS TO PREVENT. YET IF ACTION ISN’T TAKEN EARLY AND QUICKLY, IT CAN BE DEADLY. AND IT CAN HAPPEN JUST BY WORKING UNDER THE SUN.</b></p>
<p><b>WS</b> of <b>Hmong</b> farm worker working in the field and feeling the effects of the sun.</p>	<p><b>Hmong male</b> farm worker: “Last summer, I was out in the field. I noticed I felt really tired. I kept working because I wanted to pick as much as possible.”</p> <p>Super: “I felt confused... disoriented...”</p>

<p><b>MS</b> of same scene. <b>MCU</b> of same scene.</p>	<p><b>Hmong male</b> farm worker: “After a while, it seemed hard to concentrate; I felt confused, disoriented. I knew I had to cool off somewhere...”</p> <p><i>Super: “But there was no shade anywhere...”</i></p>
<p><b>WS</b> of <b>Hmong</b> worker looking for place to sit. <b>MCU</b> of same scene. <b>CU</b> of same scene.</p>	<p><b>Hmong male</b> farm worker: “But there was no shade anywhere, no place for me to sit down in the shade. I started stumbling around, looking for somewhere to sit down.”</p> <p><b>VO: IT’S HEAT ILLNESS, AND IT CAN HAPPEN TO ANYONE WHO WORKS OUTDOORS. BUT IF EMPLOYERS AND WORKERS TAKE STEPS TO PREVENT IT, EVERYONE CAN STAY SAFE AND HEALTHY.</b></p>
	<p><i>Super: What is heat illness?</i></p>
<p><b>WS</b> of <b>Hmong</b> farm worker being offered water in the shade. <b>CU</b> of <b>Hmong</b> farm worker drinking water. <b>WS</b> of several <b>Hmong</b> farm workers working in the field. <b>MCU</b> of same scene. <b>INSERT</b> of hands picking fruit. <b>CU</b> of a <b>Hmong</b> farm worker sweating while working.</p>	<p><b>VO: WHEN YOU WORK OUTDOORS DOING PHYSICAL WORK — ESPECIALLY WHEN IT’S HOT AND HUMID — YOUR BODY GETS HOT. IF YOU DON’T DRINK PLENTY OF WATER AND TAKE TIME TO REST AND COOL OFF, YOU CAN OVERHEAT.</b></p>
<p><b>MCU</b> of <b>Latino</b> landscape worker wiping the sweat off his brow while working.</p>	<p><b>Latino</b> landscape worker: “I found out it doesn’t take much for your health to take a turn. One minute you can be fine, just feeling a little warm. And all of sudden it hits you — you’re exhausted, thirsty and very sick.”</p>
<p><i>Vis: Can use illustrations from client OR graphic icons determined by client</i></p> <p><b>WS</b> of <b>Latino</b> farm worker noticing another <b>Latina</b> farm worker looking ill. He helps her. <b>MCU</b> of same scene. <b>CU</b> of same scene.</p>	<p><i>Super: What are common signs of heat illness?</i></p> <p><b>VO: SOME OF THE EARLY SIGNS INCLUDE MUSCLE CRAMPS, HEAVY SWEATING, RAPID HEART BEAT, FEELING TIRED, HEADACHES, NAUSEA, VOMITING AND DIZZINESS. ALL THESE THINGS ARE SYMPTOMS OF HEAT EXHAUSTION.</b></p>

<p><i>Illustrations from client OR graphic icons determined by client</i></p> <p><b>WS</b> of <b>Latino</b> field workers under hot sun.  <b>CU</b> of <b>Latino</b> worker feeling the effects of the sun.</p>	<p><b>VO: HEAT STROKE IS A MORE SERIOUS FORM OF HEAT ILLNESS AND WORKERS CAN OFTEN DIE FROM IT. SIGNS OF HEAT STROKE INCLUDE HIGH BODY TEMPERATURE, LITTLE OR NO SWEATING, AND RED, HOT, DRY SKIN. YOU CAN ALSO EXPERIENCE DIZZINESS, FAINTING, CONFUSION, AND EVEN CONVULSIONS.</b></p>
<p><b>WS</b> Scene of <b>Punjabi</b> farm workers doing work.  <b>MS</b> of same scene.  <b>MCU</b> of same scene.</p>	<p><i>Super: Heat illness can happen to YOU</i></p> <p><b>VO: BE AWARE OF THE EARLY SYMPTOMS OF HEAT ILLNESS, AS YOU MAY NEED MEDICAL HELP. SOME HEALTH CONDITIONS SUCH AS HEART PROBLEMS OR DIABETES PUT YOU AT AN EVEN GREATER RISK, SO BE SURE TO TALK TO YOUR DOCTOR ABOUT YOUR WORK IN THE HEAT.</b></p>
<p><i>Vis: Graphic transition; a mini-version of the video intro</i></p>	
<p><b>MCU</b> of water being set up at the work location.  <b>WS</b> of <b>Mixteco</b> farm workers taking a break and moving to the shade.  <b>MCU</b> of same scene.  <b>MCU</b> of various <b>Mixteco</b> workers/<b>Mixteco female</b> cooling off and drinking water.</p>	<p><i>Super: To prevent heat illness (icons that illustrate our key prevention message)</i></p> <ul style="list-style-type: none"> <li>- Water</li> <li>- Shade</li> <li>- Rest</li> <li>- Training</li> </ul> <p><i>The work can't get done without them!</i></p> <p><b>VO: FORTUNATELY, HEAT ILLNESS IS EASY TO PREVENT — AND THE STEPS TO PREVENT IT SHOULD SIMPLY BE PART OF THE JOB: THESE INCLUDE WATER, SHADE, REST, AND TRAINING.</b></p>
<p><b>MCU</b> of <b>Hmong</b> male farm worker drinking water. CAMERA dollies into a profile.  <b>WS</b> of <b>Hmong</b> workers drinking water, wearing hats and light-colored clothing.</p>	<p><b>VO: DRINK WATER OFTEN, EVEN IF YOU AREN'T THIRSTY. IT'S RECOMMENDED THAT YOU DRINK 4 CUPS OR 8 CONES OF WATER C EACH HOUR WHEN WORKING IN HOT WEATHER. YOUR EMPLOYER IS REQUIRED TO PROVIDE PLENTY OF FRESH, COOL WATER DURING THE WORK DAY.</b></p>
<p><b>MCU</b> of female <b>Mixteco</b> farm worker sweating in the field.  <b>CU</b> of same scene.</p>	<p><b>Mixteco female</b> farm worker: "When I first heard that I needed to be drinking at least four cups of water every hour, it sounded like way too much. I thought that I'd have to take a lot of bathroom breaks. But being out in the sun, I sweat away most of the water I drink, and I'm not taking extra bathroom breaks"</p>

<p><b>WS</b> of <b>Latino</b> construction workers and supervisor; workers approach supervisor about taking a break. Supervisor nods and a few workers take a break in the shade structure. Some workers continue to work.  <b>MS</b> of same scene.  <b>MCU</b> of same scene.</p>	<p><b>VO: MAKE SURE YOU REST IN THE SHADE. BY LAW YOU CAN ASK FOR AT LEAST 5 MINUTES TO REST AND RECOVER FROM HEAT AND YOUR EMPLOYER MUST PROVIDE SHADED AREAS. SOMETIMES WORKERS FEAR STOPPING TO REST. THEY FEEL THE PRESSURE TO WORK AND EARN MORE MONEY, OR WANT TO SHOW THEY ARE GOOD, STRONG WORKERS. BUT RESTING CAN ACTUALLY MAKE YOU MORE PRODUCTIVE.</b></p>
<p><b>MCU</b> of <b>Latino</b> construction worker employer conducting a safety meeting with several construction workers.  <b>WS</b> of same scene.  <b>MCU</b> of construction workers listening.  <b>INSERT</b> of materials or items used for training.</p>	<p><b>Latino</b> employer: “As employers we have to train our employees about heat illness, what we’re doing on our site to prevent it, and how to respond in an emergency. It’s worth it in the end to make sure everyone is well-prepared.”</p> <p><b>VO: EMPLOYERS NEED TO TRAIN WORKERS ABOUT HEAT ILLNESS AND HOW TO PREVENT IT. EMPLOYERS ALSO NEED TO PLAN FOR EMERGENCIES. THIS INCLUDES TRAINING WORKERS ON WHAT STEPS TO TAKE IF SOMEONE GETS SICK, WHO TO CALL FOR MEDICAL HELP, AND HOW TO GIVE CLEAR DIRECTIONS TO THE WORKSITE.</b></p>
<p><b>WS</b> of <b>Latino</b> landscape workers coming to the aid of a co-worker who gets ill while an ambulance arrives.</p>	<p><b>Latino</b> landscape Worker: “Since we learned what the signs are, we can now be alert for early symptoms, in ourselves and in our coworkers. We also know what to do if one of us gets sick.”</p> <p><i>Super: Act Early!</i>  <i>Image is treated graphically:</i></p> <ul style="list-style-type: none"> <li>- Be aware of early symptoms</li> <li>- Watch out for each other</li> <li>- Know where you are working and who to call for medical help</li> </ul>

<p><b>WS</b> of (2) two <b>Hmong male</b> farm workers getting out of vehicle and getting ready for work in the early morning. They enter the job site.  <b>MS</b> of same scene.  <b>MCU</b> of same scene.</p> <p><b>MCU</b> of <b>Hmong</b> workers in light-colored clothing with hat.</p>	<p><b>LATINO male</b> employer from agricultural sector: “At our site we also change the way we do the work, like starting earlier in the morning to avoid the hot hours. I also give workers a lighter work load during their first 2 weeks so they can get used to working in the heat. My employees and I all wear light-colored clothing and hats to stay cool. I learned early on that when I make sure my employees are staying healthy and cool, their morale is up and they are more productive, and that benefits the whole company.”</p> <p><i>Super: ALL workers have rights</i></p> <p><b>VO: THERE IS A LAW IN CALIFORNIA THAT PROTECTS YOU FROM HEAT! ALL WORKERS ARE PROTECTED UNDER THIS LAW — REGARDLESS OF IMMIGRATION STATUS.</b></p> <p><i>Super and VO: Under the heat law, employers must provide:</i></p> <ul style="list-style-type: none"> <li>-Plenty of cool, fresh water,</li> <li>-Shade and rest periods</li> <li>-Time to get used to the heat</li> <li>-Training</li> <li>-A plan for emergencies</li> </ul>
<p><b>WS</b> of <b>Latino</b> construction worker turning into his own driveway and getting out of vehicle.  <b>MS</b> of same scene.  <b>INSERT</b> of glass as <b>Latina</b> wife fills it up with water.  <b>MS</b> of <b>Latina</b> wife offering him water as he rests</p>	<p><i>Super: Prevention continues at home</i></p> <p><b>VO: IT’S ALSO IMPORTANT TO LET YOUR BODY RECUPERATE AND COOL DOWN WHILE YOU’RE OFF WORK. IF YOU DON’T, YOU COULD BE EASILY AFFECTED BY THE HEAT THE NEXT DAY. WHEN YOU’RE AT HOME, CONTINUE TO DRINK WATER, AVOID CAFFEINE AND ALCOHOLIC DRINKS, AND GET PLENTY OF REST.</b></p>
<p><i>Vis: Graphic transition; a mini-version of the video intro.</i></p>	<p><i>Super: What if...?</i></p> <p><b>VO: WHAT IF YOU DON’T HAVE ACCESS TO THE REQUIRED WATER, SHADE, REST AND TRAINING, OR YOU DON’T FEEL PREPARED FOR AN EMERGENCY?</b></p>
<p><b>TWO-SHOTS</b> of <b>Punjabi</b> farm workers talking about water and shade to each other.  <b>WS</b> of the (3-4) farm workers approaching their supervisor.  <b>MS</b> of same <b>Punjabi</b> scene.</p>	<p><b>Punjabi male</b> farm worker: “I never knew it was OK to take a few minutes to get cool in the shade, even on the hottest days. I told my coworkers we should talk to our boss about it. We went to him as a group and told him that if we don’t rest in the shade, we aren’t as productive because we get too hot and tired and sometimes we get sick from the heat. It benefits the whole company when we are able to do our jobs well.”</p>

<p><b>WS</b> of <b>Latina</b> farm worker at work <b>MS</b> of same scene. <b>MCU</b> of same scene. <b>CU</b> of her drinking water in the shade.</p>	<p><b>VO: IF YOUR EMPLOYER ISN'T GIVING YOU THE PROPER TOOLS TO PREVENT HEAT ILLNESS, YOU CAN CALL CAL OSHA. THEY ARE RESPONSIBLE FOR HEALTH AND SAFETY IN THE WORKPLACE. YOU CAN REPORT THE PROBLEM WITHOUT GIVING YOUR NAME.</b></p> <p><i>Super: Contact Cal/OSHA Workers' Heat Helpline: 1-877-99-CALOR (1-877-992-2567)</i></p> <p><b>Latina</b> farm worker: "It's really made a difference having shade in the fields and drinking water often. We feel better and can work harder. Now we know how to look out for each other — and more important, we know how to save a life."</p> <p><i>Super: Water, Shade, Rest, Training The work can't get done without them! <a href="http://www.99calor.org">www.99calor.org</a></i></p>
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