INTRODUCTION
Advances in technology have enabled filmmakers to extend the length of individual takes (including continual resets) and the number of successive takes. In these circumstances, cast and crew may be required to support a weighted load (e.g., hand held sound boom, hand held camera, props, etc.) or maintain an awkward or still position for longer durations. Therefore, consideration should be given to the length of a take and the number of successive takes.

This Awareness Sheet has been developed to provide guidance for safety concerns caused by extended and successive takes. The objective is to increase awareness to enable the producer, director, cast and crew to communicate about and address these concerns before they become problems.

POTENTIAL HEALTH EFFECTS AND SAFETY CONCERNS
Maintaining an awkward position or supporting a weighted load for extended lengths of time can lead to various ailments ranging from body discomfort to muscle fatigue. Resulting safety concerns, such as dropping equipment, and trips and falls may also occur, potentially causing injury to the individual and to others.

Each production is unique and requires different technical and creative set-ups for shooting takes. In addition, each person’s physical capabilities are different. These factors call for specific planning and communication in pre-production and throughout the duration of the production.

RECOMMENDED ACTIONS
- At the earliest stages of pre-production, conduct discussions with all affected department heads regarding the possibility of extended and/or successive takes.
- Evaluate when and where equipment and/or personnel options can be utilized to provide relief during the production.
- Special consideration should be given when equipment and/or personnel options are limited or unavailable.
- Throughout production, keep the lines of communication open and free-flowing between all cast, crew and production management.

In addition to the actions suggested, a review of available equipment options that provide support for weighted loads and relief to affected personnel should be included in pre-production meetings.

EQUIPMENT OPTIONS
A wide variety of equipment options are available for consideration during production and can include, but are not limited to:
- Dolly-mounted microphone boom
- Wireless microphone
- Camera dolly
- Tripod
- Stand
- Powered assist device

PERSONNEL OPTIONS
Some personnel options to consider:
- Rotation of operators
- Provide adequate rest intervals
- Spotters assigned to operators
- Encourage warm-up and stretching exercises

SUMMARY
Employees experiencing muscle fatigue or discomfort due to extended or successive takes are encouraged to communicate their situation to appropriate safety personnel and/or production management in a timely manner. Production management is encouraged to consider all options, including the above-outlined equipment and personnel options, to address these concerns.