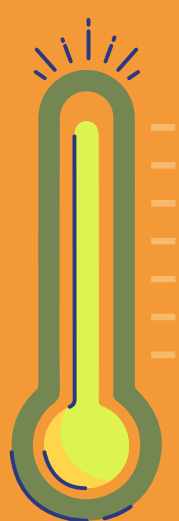


## HEAT EXHAUSTION

### TRAINING TIPS

The Mobile Pantry Program wants to make sure all progressive sites are knowledgeable and can prevent heat exhaustion related incidents. Keep in mind that these are best practices and sites should be aware of what works for your distribution.

**\*\*Reminder that NTFB advises cancellation of Mobile Pantry distribution if the RealFeel Temperature rises to an excessive heat warning above 115 degrees Fahrenheit during the distribution. \*\***



### WORK/REST TIPS

- Have a confident volunteer base by having the appropriate number of staff and or volunteers to run a distribution.
  - This is helpful in making sure that volunteers/staff can rotate breakout of the heat and to hydrate.
  - We recommend having 2 people to a pallet in case one needs to step away for a break.
- Work/Rest Schedules: using a work/rest schedule can decrease the risk of heat illness.
- Designate a Safety Coordinator who can help assist with consistent rotations and check ins.



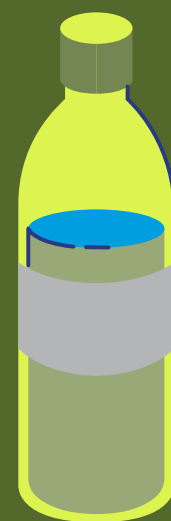
### HEAT PREVENTION

- Drink plenty of fluids (HYDRATE! HYDRATE! HYDRATE!)
- Wear sunscreen and reapply every 2 hours.
- Wear light colored loose clothing, sunglasses, and/or a hat.
- Use/create designated cooling/water stations: Shaded areas are the best but having fans and tents to create shaded & cool areas can be helpful as well.
- Plan/have plenty of rest breaks or rotating out staff/volunteers during your distributions.
- Listen to your body. If you're feeling dizzy, faint or nauseous, stop what you're doing immediately and let someone know and find a shaded area to sit and cool down and breathe.
- WATCH THIS VIDEO: [Heat Stress Training – OSHA Compliance Training from SafetyVideos.com – YouTube](#)



### TOOLS & SUPPLIES

- Fans
- Tents/canopies
- Coolers/ Gallon water Jugs
  - Include electrolytes and water.
- Sunscreen
- Tarps to cover cooler, refrigerated, or produce items.



### SYMPTOMS & SIGNS

- Listen to your body
  - Do not overwork yourself or each other
- Be proactive
  - Pay attention to the body language of those around you by already knowing the signs
  - Have at least 2 people or your whole team trained on knowing the signs and symptoms
- Check in with each other
  - It can get annoying and repetitive but you could end up helping some one.



HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul>