

Your SAFETY at ECHO is our First Concern

Protect Yourself against Heat Stress

When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces

Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

Symptoms of Heat Stroke

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers
- Block out direct sun or other heat sources
- Use cooling fans/air-conditioning; rest regularly

PESTICIDE AWARENESS

All volunteers should have knowledge of OSHA recommended pesticide information. Pesticides may be on plants, or in soil so please review the pesticide awareness poster.

What to Wear& Items to Bring

- Water!!!
- T-shirt (no tank tops please)
- Long shorts, capris/jeans
- Sturdy shoes (no flip-flops)
- Sunscreen / hat
- Gloves, bug spray