SAFETY RECOMMENDATIONS: 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. Environmental factors leading to heat stress include high temperature and humidity; direct sun; limited air movement; physical exertion; poor physical condition; some medications; dehydration and inadequate tolerance for hot workplaces.

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, work in the shade

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

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

Plant and Animal Safety (Thank you for your cooperation.)
- Do not pick or eat any plants off the farm unless directed by a staff member to do so.
- Do not feed, touch or handle the animals unless advised to do so by a staff member.

Lightning Safety
The farm has lightning safety equipment and when a lightning hold is issued, all staff and volunteers must immediately move inside to a safe grounded building, which includes both plumbing and electricity.

Vehicle Safety (**Must have a drivers license to drive any farm equipment**)
- Two passengers per seat, no riding on trailers or on tractor attachments.

Unlawful Discrimination and Harassment
Behaviors such as actions, words, jokes or comments based on an individual’s sex, race, color, ancestry, national origin, pregnancy or childbirth disability, military veteran status, genetic information, age, religion or any other legally protected characteristic are not acceptable.
***Please report any incident to your ECHO team leader and to the Volunteer Coordinator immediately.

What to Wear & Items to Bring
- Large water bottle, preferably thermos style to keep water cool (no glass)
- T-shirt (no tank tops please), long sleeves are preferable for best protection
- Long shorts, capris/jeans, light pants (no running shorts please)
- Sturdy shoes with closed-in toes, steel toe if working construction
- Sunscreen, hat, work gloves, bug spray, and flashlight (work teams only)
- Longer style socks to protect ankles from fire ants