During times of excessive heat, working outside can be dangerous. As such, Urban Harvest STL has developed the following procedures to ensure our volunteers, apprentices and staff remain safe. These protocols will be put into effect when an excessive heat warning (a heat index of 105 °F or greater that will last for 2 hours or more) is in effect, but individuals and groups should be aware of their own situation and limitations and adjust as needed.

For work on our farms

- Start shift by 8am to take advantage of the cooler mornings.
- If heat index at 8 am is 95 degrees or above:
  - Volunteer and apprentice activities will be canceled or rescheduled
  - Outdoor staff work should be kept to a minimum, only work that is absolutely necessary
- Volunteer and apprentice shifts will end by 11am or when heat index hits 100.
- Mandated breaks: work will alternate with frequent breaks:
  - 20-30 mins of work with 10-15 min break in shaded, cool area and bottle of water.
- If excessive heat is expected, volunteer groups (regularly scheduled from 9-11:00 am) will be given the option to change their shift to 8:30-10:30 am.

Anyone working on our farms should bring with them

- Refillable bottle with water. Ice water will be available on site throughout the work shift.
- Wide brimmed hat to keep the sun off your head and neck
- Cool, light weight clothing that covers exposed skin
- Towel or bandana can be soaked to provide extra cooling
- BE AWARE: Certain medications impairs the body’s ability to cope with heat.

Urban Harvest STL Events and Programming

Urban Harvest STL hosts events and workshops throughout the growing season. These activities will be moved indoors or rescheduled if the heat index is forecasted to be 100 degrees during the event.
Additional Resources
It is important to recognize the signs of heat stress, heat exhaustion and heat stroke.

Heat Exhaustion
- Heavy sweating
- Weakness or fainting
- Cold, pale and clammy skin
- Rapid, weak pulse
- Nausea or vomiting
- Muscle cramps

Get to an air conditioned place
Drink water
Take a cool shower

Heat Stroke
- No sweating
- Throbbing headache
- Hot, red, dry skin
- Rapid, strong pulse
- Nausea or vomiting
- May lose consciousness

CALL 911
Take immediate action to cool off

HEAT EXHAUSTION or HEAT STROKE

Faint or dizzy
Excessive sweating
Cool, pale, clammy skin
Nausea or vomiting
Rapid, weak pulse
Muscle cramps

Throbbing headache
No sweating
Body temperature above 103°
Red, hot, dry skin
Nausea or vomiting
Rapid, strong pulse
May lose consciousness

Get to a cooler, air conditioned place
Drink water if fully conscious
Take a cool shower or use cold compresses

CALL 9-1-1
Take immediate action to cool the person until help arrives