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#3

## VOLUNTEER WORK IN EXTREME TEMPERATURES

You signed up to volunteer a few weeks ago, but on the day of your shift, there's a heat wave. Or an unexpected cold snap.

**Extreme temperatures** can lead to unsafe conditions, whether you are working indoors or outdoors. You need to recognize what is unsafe and know how to address it.

### The Facts: What you need to **KNOW**

1. Working in an environment that is **too hot** can lead to heat exhaustion and heat stroke, which can be fatal. Humidity makes it worse and is reflected in the Heat Index.
2. Working in an environment that is **too cold** can lead to hypothermia. Cold water immersion is especially dangerous, and you can get hypothermia in water below 70°F.
3. Both **Hypothermia** (low body temperature) and **hyperthermia** (high body temperature) affect your brain. You become confused and unable to do anything to help yourself.
4. Both high and low temperatures can lead to **injury** when your glasses get fogged or your hands become stiff or sweaty.

**Next, flip this card over to learn what you need to do to stay safe & healthy while volunteering.**

Fold here to make a double-sided card.

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## Volunteer Work in Extreme Temperatures

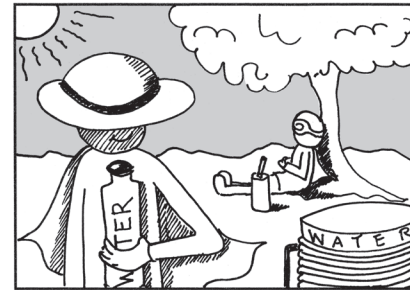
### The Actions: What you need to **DO**



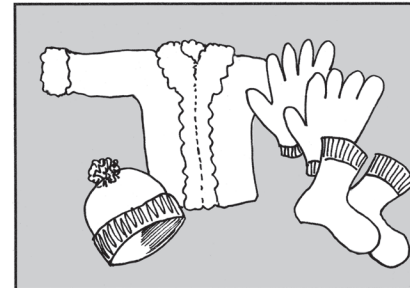
**Monitor** the weather and pay attention to the temperature. **Adjust your plans and tasks** to stay safe in extreme temperatures.



**Set up a buddy system** to keep an eye on each other. **Ask** your buddy if they have any health conditions. **Create a schedule** for check-ins to make sure your buddy is not showing symptoms of hypothermia, heat exhaustion, or heat stroke.



**HEAT: Take breaks** in shade or air conditioning. **Drink** fluids to stay hydrated. **Learn** about acclimatization and how to increase exposure gradually. **Install** the OSHA Heat Safety Tool on your phone. **Learn** what hyperthermia looks like and how to treat it.



**COLD: Determine** what clothing is best for your environment, such as a jacket, gloves, and a hat. **Stay dry** and **bring** extra clothing in case you get wet. **Learn** what hypothermia looks like and how to treat it. *This also applies if you work in a walk-in cooler.*

**Zap this QR code  
to watch the short video or  
learn more about this topic.**



[www.nonprofitsafetyhero.com/3-temperatures](http://www.nonprofitsafetyhero.com/3-temperatures)

**Accidents cost money nonprofits can't afford.  
Help your cause by learning safe practices  
and following them carefully. Safety matters!**



**Learn more at: [www.nonprofitsafetyhero.com/volunteer](http://www.nonprofitsafetyhero.com/volunteer)**

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