

# Outdoor Site Safety Tip Sheet

Help staff and kids stay safe in the summer heat

## PREPARE

- Set up an environment that's cool for kids and staff. Provide shaded areas to distribute meals and for kids to sit and eat. Use existing shade or set up canopies.
- Fill coolers with extra ice to keep food safe.
- Remind staff to wear breathable clothing and a damp bandana or cooling neck wrap.

## SERVE

- Provide and offer water for participants and staff. Using large water coolers with disposable cups is a budget-friendly way to serve.
- Plan a hydrating menu with fresh fruits and vegetables like melons, citrus, pineapple, cucumber, peaches, strawberries and celery.
- Avoid serving salty snacks like pretzels, chips and highly processed foods.

## BE ALERT: KNOW THE SIGNS OF HEAT ILLNESS

### Heat Exhaustion

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

### Heat Stroke

- High body temperature (103 degrees F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

Source: CDC.gov



Arizona Department of Education  
Summer Food Service Program  
This institution is an equal opportunity provider.

