


Date: December 7, 2022

To: Department Directors

From: Daniella Levine Cava 
Mayor

Subject: Miami-Dade County Procedure Number 715, Ordering Electrolyte-Containing Beverages

I am pleased to announce the implementation of a procedure seeking to prevent heat-related illnesses and to ensure the safety of our employees. Procedure Number 715 ("Procedure"), *Ordering Electrolyte-Containing Beverages* (ECB), sets forth general guidelines to provide proper hydration to Miami-Dade County ("County") employees who may be at risk of heat-related illnesses due to their work environments.

Job-related risk factors may include, but are not limited to:

- Outdoor work in warm weather,
- Heat sources such as ovens, fires, or hot tar,
- Strenuous physical activity, and/or
- Heavy or non-breathable work clothes.

Following the guidelines of the Occupational Safety and Health Administration (OSHA), this Procedure allows and encourages departments to provide electrolyte-containing beverages to employees working two or more hours in these or similar heat hazardous conditions, and to ensure access to fresh/cool drinking water at all times.

Keeping resiliency and sustainability in mind, employees shall have access to electrolyte-containing beverages without the use of single use disposable plastic bottles, which are harmful to our environment. Therefore, an electrolyte-containing mixture is to be procured in the "quick-mixture" powder form and mixed with County water in reusable containers. The Internal Services Department (ISD) began piloting this initiative in 2018 and approximates that this initiative has saved over 37,000 single use plastic bottles per year. This is equivalent to approximately 6,300 pounds of plastic not being used and preventing more than 5,500 pounds of harmful CO2 gases from being released in the atmosphere.

Departments are responsible for developing their own internal procedures to procure and manage the use of ECB and access to of fresh/cool drinking water pursuant to this Procedure, and to follow the Goods and Services Procurement Process, set forth in Miami-Dade County Procedure Number 601.

This Procedure is an integral part of the County's overall efforts to create safe work environments for our employees and to reduce the risks and impacts of heat stress and extreme heat. The Procedure was included in the agenda and shared with the Resilience Action Team at the meeting that took place on October 25, 2022.

Should you have any questions on the application of this Procedure, please do not hesitate to contact Alex Muñoz, Director of the Internal Services Department, at 305-375-5893.

Attachment:
Procedure Number 715

c: Office of the Mayor Senior Staff
Alex Muñoz, Director, Internal Services Department
Jane Gilbert, Chief Heat Officer, Miami-Dade County

Ordering Electrolyte-Containing Beverages

SUMMARY

This procedure outlines general guidelines to provide proper hydration to County employees and prevent heat-related illness. According to the Occupational Safety and Health Administration (OSHA), employers should provide electrolyte-containing beverages, such as sports drinks, because substantial loss of electrolytes can cause muscle cramps and other dangerous health problems. Per OSHA standard, this policy allows County Departments to purchase electrolyte-containing beverages (ECB) for employees who may be at risk of heat stress.

PROCEDURE

1. Heat-related illness can affect workers at indoor or outdoor worksites. Some job-related risk factors include, but are not limited to:
 - a. Outdoor work in warm weather,
 - b. Heat sources such as ovens, fires, or hot tar,
 - c. Strenuous physical activity, and/or
 - d. Heavy or non-breathable work clothes
2. Departments should provide fresh/cool drinking water for workers to ensure proper hydration. For those employees working two hours or more, in these or other heat hazardous conditions, employers are to provide access to additional fluids that contain electrolytes.
3. Departments are to develop internal procedures to procure and manage the use of electrolyte-containing beverages within their respective areas. The electrolyte-containing beverage is to be procured in the quick-mixture powder form in order to prevent single use plastic bottles waste. Through this "Resilience Initiative", employees shall have access to electrolyte-containing beverages without the use of single use disposable plastic bottles which are harmful to our environment. An example of such environmentally sound practices, yielded by the Internal Services Department Fleet Management Division, resulted in the avoidance of approximately 37,400 single use plastic bottles annually, which equates to approximately 6,327 pounds of plastic not being utilized, and 5,536 pounds of harmful CO₂ gases from being produced in the atmosphere (an equivalence of 5,821 miles driven by a motor vehicle).
4. Each department must follow the Goods and Services Procurement Process to purchase ECB.

CONTACT:

Internal Services/Risk Management

REFERENCE DOCUMENTS

Miami-Dade County Procedures, Procedure Number 601, Goods and Services Procurement Process
Occupational Safety and Health Administration (OSHA), Heat Prevention