

Specimen Handling in Extreme Heat

Driver Training Guide – RDS Same Day Delivery



General Knowledge



- **Know your specimen types:**
 - **Ambient (68–77°F)**
 - **Refrigerated (35–46°F)**
 - **Frozen (-4°F or lower)**
- **Minimize time outside temp zones**
- **Watch for signs of spoilage (leaks, melting, condensation)**

Vehicle & Temperature Control

- **Pre-cool vehicle before route**
- **Never leave specimens in hot vehicles**
- **Use cooler bags & rotate ice packs**
- **Store temp-sensitive items near AC zones if possible**





Handling Protocol

- **Scan, bag, and label promptly**
- **Separate ambient, refrigerated & frozen**
- **Avoid direct contact between ice and specimens**

Documentation & Accountability

- **Photograph any issues or delays**
- **Use location scans for all stops**
- **Note suspected heat issues in logs/app**



Cooler & Storage Tips

- **Use gel packs – no loose ice**
- **Frozen: use dry ice or ultra-cold packs**
- **Ambient items must not touch cold packs**





Communication Protocol

- Report any delay immediately
- Sample: “I have refrigerated specimens and a delay — need guidance.”

Final Reminder

- You are the last line of defense.
- Handle all specimens with care.
- Lives and lab results depend on you.

