

Protect Yourself from the Cold



You are at risk if you work outside or in cold conditions



Dress Appropriately

Wear clothes meant for cold, wet, and windy conditions such as:

- ❄️ Loose-fitting layers
- ❄️ Hats, socks, shoes, and gloves
- ❄️ Outerwear that will keep you dry



Extreme exposure to the cold can eventually lead to **hypothermia**.

Drink Warm Beverages & Take Breaks



- ❄️ Take frequent breaks in heated areas, if possible.
- ❄️ Drink plenty of warm, sweet beverages (sugar water, sports drinks).
- ❄️ **AVOID** caffeine (in coffee, tea, sodas, or hot chocolate) and alcohol.

Know the Warning Signs

Health Problems:



Trench Foot



Frostbite



Hypothermia

Hypothermia—Don't ignore the signs!



Uncontrollable Shivering



Slurred Speech



Clumsiness



Fatigue



Confusion

Hypothermia is a medical emergency

Call **911**

Getting help can be the difference between **life** and **death**.



You are at a higher risk if you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.

Work in pairs so that you and a co-worker can spot danger signs in each other.

❄️ Follow these tips and stay safe in the cold. ❄️