

Protect Yourself from the Cold



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



Step 2: 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.

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.

