

# Protect Yourself from the Cold



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



## Step 1: 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**.



GRAPHICS COURTESY OF: BRENT MAXWELL, NICK GREEN, CREATIVE STALL FROM NOUN PROJECT.

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.

