

Protect Yourself from the Cold



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



Step 3: Know the Warning Signs

Health Problems:



Trench Foot



Frostbite



Hypothermia

Hypothermia—**Don't ignore the signs!**



Uncontrollable Shivering



Slurred Speech



Clumsiness



Fatigue



Confusion

GRAPHICS COURTESY OF: SHAURYA AND VLAD LIKH 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.