

# Protect Yourself from the Cold



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

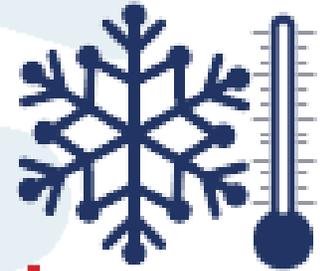


**Step 4:** Seek Medical Assistance

**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. 