



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.