

Cold Weather Safety

Prevent Cold-Related Injuries



Wear a hat, gloves and thick socks with boots



Wear several layers of warm clothing to maintain body temperature

Working outside in cold weather may result in serious injury. Cold weather can cause hypothermia, frostnip and frostbite. Protect yourself!

Avoiding hypothermia and frostbite:

- Change out of wet clothing as soon as possible
- Take short breaks in a heated area
- Keep moving if working outside for long periods of time
- Stop working and seek shelter if you feel disoriented or experience numbness or tingling



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800-343-7527