

WINTER SAFETY



Dress Appropriately

- Layer up to trap heat
- Wear water-resistant outerwear to stay dry
- Cover extremities to protect your skin
- Avoid sweating



Stay Hydrated and Nourished

- Drink warm beverages to stay warm
- Eat high-carbohydrate snacks to provide energy

Take Breaks and Stay Active

- Frequent breaks in warm areas
- Stay active to generate body heat but avoid overexertion



Monitor for Cold Stress

- Know the symptoms of frostbite
- Use the buddy system

Frostbite symptoms: Look out for signs like reddening skin, tingling, pain, swelling, numbness, and blisters.

Click or scan this QR code to watch a five minute video on 10 cold weather safety tips

