

WORK SAFE. HOME SAFE.



Take a Break. Stay Safe in the Cold.

Cold weather doesn't just feel rough. It can be downright dangerous.

Working in cold conditions can lead to frostbite, trench foot or even hypothermia. These health conditions are serious but preventable if you pay attention.

- Layer up with warm, dry clothes.
- Wear cold weather, wind-resistant gear.
- Take breaks to warm up and check on your coworkers, too.

The signs can be sneaky: numbness, tingling, heavy feet or confusion, and they can come on faster than you think.

If something feels off, don't wait. Speak up and warm up. One short break can keep you safe, on your feet, and heading home healthy at the end of your shift.

Share the reminders with our [safety poster](#).

Additional Resources for Working in the Cold:

[OSHA Cold Stress Guide](#)

[CDC/NIOSH Winter Work Safety Resources](#)

[North Dakota Road and Travel Conditions – NDDOT](#)

Find more safety tools here:

- Subscribe to our [YouTube channel](#) for videos.
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