



STAY WARM. STAY ALERT. STAY SAFE.

Cold-related injuries can happen fast. Know what to do.

KNOW THE WARNING SIGNS

- Numbness, shivering or confusion
- Pale or gray skin, clumsy hands, slurred speech
- Pain, swelling or burning in cold feet

DRESS FOR THE WEATHER

- Choose waterproof coats and gloves and wear loose, dry layers
- Avoid cotton next to the skin; it stays wet and gets cold
- Cover your head and ears; use insulated footwear

WORK SMART IN THE COLD

- Take breaks to warm up
- Eat and drink regularly; cold burns energy fast
- Report cold stress symptoms right away

Cold can catch you off guard. Speak up early and warm up often. Watch out for each other.

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