



Safety Tip of the Week

Your Safety Is Our Business®

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Cold Weather Safety

Even though it's cold outside, we still have to work and get the job done. There are several things we can do to keep warm and prevent cold weather-related injuries.

Most cold-related injuries are a result of exposure to humidity, high wind, wet conditions, and inadequate clothing.

Very cold temperatures can be hazardous to your health. Proper dress and some sensible practices can prevent a lot of the problems associated with cold weather.



Frostbite

Protection Against Hazards:

The best way to deal with problems with the cold is to prevent them in the first place. The most sensible approach is to limit exposure to the cold, especially if it's windy or damp.

- If you know you're going to be in cold conditions, don't bathe, smoke, or drink alcohol just before going out.
- Dress for conditions in layers of loose, dry clothes. The most effective mix is cotton or wool underneath, with something waterproof on top.
- Get dried or changed immediately if your clothes do get wet.
- Be sure to cover hands, feet, face, and head. A hat is critical because you can lose up to 40 percent of your body heat if your head isn't covered.
- Keep moving when you're in the cold.
- Take regular breaks in warm area. Go where it's warm any time you start to feel very cold or numb.
- Drink something warm, as long as it doesn't contain alcohol or caffeine.

Don't Be "Left Out In The Cold"... Practice Winter Safety!!