

SAFETY FIRST

WORKING SAFELY IN COLD WEATHER

Anyone working in cold weather may be at risk of certain illnesses or injuries, also known as “cold stress.” These tips will help keep you safe all winter.

- Wear several layers of clothing. Layering insulates better and lets you adapt as the temperature changes. Don't forget your PPE!
- Protect your ears, face, hands, and feet by wearing a hat and waterproof gloves and boots.
- Slips, trips, and falls are a leading cause of injury, so wear footwear with good traction, take short steps, and walk slower in icy conditions.
- You might be more likely to suffer cold stress if you are in poor physical condition or have diabetes, high blood pressure, or heart disease.
- Pay attention to warning signs of cold stress – these include numbness, tingling, stinging, pain, shivering, fatigue, loss of coordination, or confusion.
- Immediately report signs and symptoms of cold-related illness and injury to a supervisor.



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