



COLD WEATHER SURVIVAL TIPS

Prolonged exposure to cold, wet, and windy conditions can be dangerous and could lead to serious health problems, even when the temperature is above freezing.

TAKE PRECAUTIONS TO PROTECT YOURSELF AND CO-WORKERS

DRESS APPROPRIATELY—WEAR:

- * Layer clothing instead of wearing one thick layer. Consider wearing:
 - ❖ A *base layer* of synthetic, wool, or silk clothing to wick away sweat.
 - ❖ An *insulating layer* of wool, polyester fleece, pile, or down for warmth.
 - ❖ A windproof and water resistant *outer layer* to protect from wind and moisture.
- * A hat—to reduce the amount of body heat that escapes from your head.
- * A scarf or face mask to protect your face, ears, and lungs in cold, windy weather.
- * Warm socks—one or two pairs.
- * Insulated waterproof boots and traction devices, (i.e., Yaktrax) for improved traction.
- * Avoid:
 - ❖ Cotton clothing - it traps moisture.
 - ❖ Tight fitting clothing/footwear - it can restrict movement and blood flow.



USE CAUTION TO AVOID SLIPPING AND/OR FALLING ON COMPACT SNOW OR ICE

- * Walk on clear and de-iced sidewalks whenever possible.
- * Avoid taking shortcuts over snow berms or other unsafe areas.
- * Walk at a slower pace. Take short steps and watch for slick areas.
- * Use salt, sand, de-icer, etc. to help reduce slick spots.
- * If appropriate, let staff know where to find salt or sand if needed when leaving the building at the end of the day.
- * Use the wipe off mats at entrances to remove moisture from your shoes.
- * Report potentially hazardous area/unsafe conditions immediately so action can be taken to correct the issue or keep pedestrians out of the area (i.e., slick areas, wet floors, etc.)
- * Remember, Yaktrax are not meant to be worn indoors or when driving.
- * Once inside the building change out of boots into appropriate shoes, i.e., low heels with good tread for traction; avoid wearing sandals, flip-flops, and open-toed shoes. Refer to your District policy for more information re: appropriate footwear.



MONITOR YOURSELF AND OTHERS FOR SIGNS OF COLD-RELATED ILLNESSES

SAFETY MATTERS