

Don't underestimate the danger of dropping temperatures

Cold weather safety can be one of the most overlooked hazards in the workplace. With dropping temperatures and changing worksite conditions, it is important to take precautionary steps to ensure employee safety.

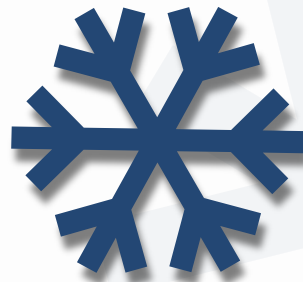


Proper Clothing is Essential

Identify appropriate clothing based on weather conditions.

Make sure employees have the following:

- Extra Socks
- Gloves
- Jackets
- Blankets
- Hats



Avoid Exhaustion or Fatigue

Exhaustion and fatigue will cause your body to not retain heat as easy as a well-rested body would. Take short, frequent breaks in a warm building during your shift to keep body temperature reasonably high.



Control What You Consume

Drink beverages high in sugar and avoid caffeinated drinks as much as possible. Also, be sure to eat warm, high-calorie foods as much as you can.

