

# COMMITMENT

To Safety

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## WINTER SURVIVAL - CLOTHING

### PROPER CLOTHING

- Layer your clothing, trap that body heat between layers so it can't escape
- Spare pair of dry socks, boots, gloves should be accessible to you to keep you dry
- Wear a hat and if they're hard hats, include a winter liner
- A thin layer of petroleum jelly on your face and lips protects skin from chapping

### WARM YOURSELF UP

- Take short breaks to warm up inside a heated building for short periods of time remembering to take off a layer of clothing when indoors to avoid sweating – you'll cool off rapidly outdoors and can become hypothermic if you get wet
- Glove liners and hand warmers can be helpful as well

### PLAN AHEAD

- Pack appropriate items if you're going to be driving so that you are prepared for emergencies – and you're prepared to walk if you have to
- Place a heavy coat, boots, a hat, and gloves in your vehicle

### RE-EDUCATE YOURSELF ON PREVENTION

- Read up again on hypothermia, frostbite, and how to prevent trips, slips, and falls

### BEWARE OF DEHYDRATION

- Drink fluids, when you see your breath in the cold you are losing hydration
- Avoid coffee, soda, and alcohol – all of which assist dehydration

Source: Safety Online / Center for Disease Control