

## **“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, gloves in your vehicle

### **RE-EDUCATE YOURSELF ON PREVENTION**

- Read up AGAIN on Hypothermia, Frostbite, Prevent Trips-Slips-Falls

### **BEWARE 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