



WEAR APPROPRIATE CLOTHING

- Cover nose, ears, cheeks, chin, neck, fingers, and toes in warm, dry clothing
- Make sure footwear is not damp or too tight
- Wear several layers of loose clothing
 - Inner layers - wool or synthetic fabrics that wick away moisture
 - Outer layers - wind and water resistant
- Avoid wearing wet clothing or wet gloves
 - Take layers off if you begin to sweat and put them back on when you cool down
 - Carry extra cold weather gear in case work clothing gets wet



STAY NOURISHED AND HYDRATE

- Eat warm, high calorie foods to maintain energy
- Drink water to stay hydrated
- Warm beverages may also help increase body temperature



GET PLENTY OF REST

- Take regular breaks to warm up in sheltered areas
- Avoid exhaustion and fatigue



BE AWARE

- Notice how your body reacts to the cold
- Work in pairs to watch for signs and symptoms of cold stress

If you have cold stress symptoms, find a warm location, remove wet clothing, warm the center of the body, & get medical help as soon as possible.

For more cold stress resources: umash.umn.edu/coldstress/