



# Tips

## Cold Weather Exposure

- The best defense against cold weather-related injuries is to limit outside work during cold temperatures and extreme wind chill.
- Select proper clothing for cold, wet, and windy conditions. Wear hats and/or other Personal Protective Equipment (PPE) coverings to prevent body heat from escaping the head, face, neck, hands, and feet regions of the body.
- When excessive perspiration occurs due to cold weather-related injuries, it's important to remove wet clothing as soon as possible.
- Take frequent short breaks in warm, dry shelters to allow the body to warm up.
- When possible, perform work during the warmest part of the workday.

