



## COLD STRESS AWARENESS



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**Shivering** is your body's first defense, creating heat through muscle movement. However, it uses energy quickly and can lead to fatigue. Eating high-energy foods and warm items like soup or broth can help your body maintain warmth.

**Tingling or numbness** in fingers, toes, ears, or nose happens when blood is redirected to protect vital organs, increasing the risk of frostbite to extremities.

**Cold Weather Vehicle Safety** - Before driving in cold weather, allow the vehicle to warm up while checking that windows, mirrors, and lights are clear. Use the defroster so the windshield is fully defrosted before driving, and scrape ice or frost from side and rear windows and any mirrors to maintain clear visibility.

**Slip and Fall Awareness** - Wet or icy surfaces increase the risk of slips and falls, which can cause cuts, bruises, broken bones, or concussions. If someone does slip and fall, do not rush to move them. Carefully check for injuries and get medical help immediately if needed.

**If you notice signs of cold stress or unsafe winter conditions, take steps to reduce the risk when it is safe to do so, such as slowing down, using handrails, wearing proper footwear, or allowing more time for tasks.**

**Cold Weather Affects Your Body, Your Visibility, and Your Footing—  
Prepare, Slow Down, and Stay Safe.**

**LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!**

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