

Stay healthy and safe this winter!

Whether you love winter or simply tolerate it, the fact is that its here to stay for the next few months! To keep healthy and safe while surrounded by snow, ice and cold you may need to adjust the way you do things outside. Cold-related illnesses can happen to anyone working or playing in winter weather, but we can all prevent getting sick by taking just a few precautionary measures.



Cold-related illness is preventable!

- ❄️ **Protective clothing** – wear a hat, insulated boots and gloves. Wear at least 3 layers and open your jacket if you get warm. Avoid tight fitting clothing
- ❄️ **Stay dry** – moisture (even from sweating) increases the rate of heat loss
- ❄️ **Drink fluids** – but avoid caffeine and alcohol
- ❄️ **Buddy system** – work in pairs and watch out for signs of cold-related illness
- ❄️ **Work schedule** – If possible, schedule work during the warmer times of the day

Cold -Related Illnesses

Frost bite – occurs when layers of skin tissue freeze. It can be caused by exposure to cold or contact with cold objects. Frostbite is mostly found on the fingers, toes, ears and nose.

Symptoms of frostbite include shivering, a lack of coordination, stumbling/fumbling speech and pale, cold skin

Hypothermia – can be mild, moderate or severe and occurs when a person is exposed to cold, resulting in a decrease in body temperature

Symptoms of hypothermia include shivering, numbness in fingers and toes, lack of coordination, slurred speech, confused or unusual behavior and impaired judgement

Severe hypothermia is a medical emergency identified by the above symptoms and a lack of shivering

Your health and safety are priorities at CapU! **Never walk past an unsafe act or condition** and if you see something that can't be corrected right away, secure it and inform your supervisor and the Office of Safety and Emergency Services.