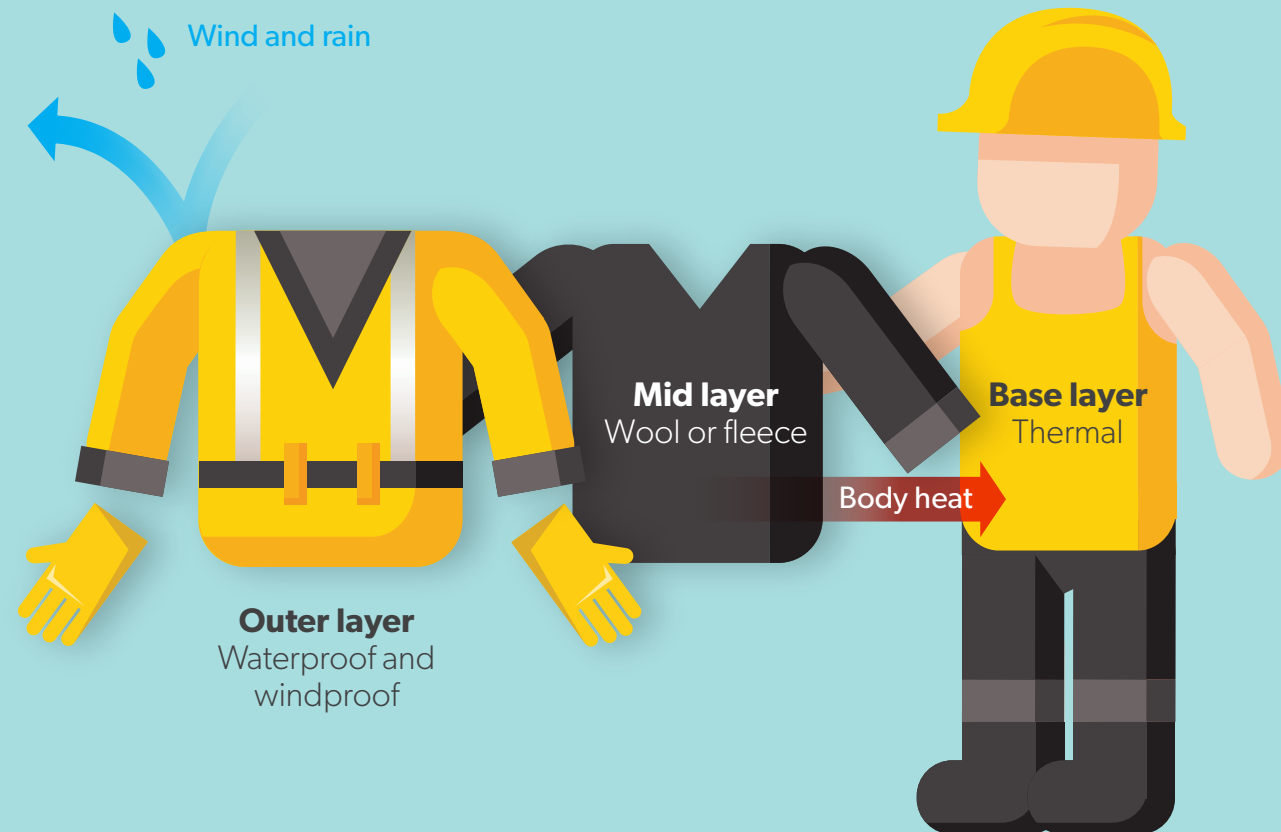


Working in cold weather

- Wear the right gear
- Fuel the right way
- Watch for hypothermia



Working in cold weather

If you're not wearing the right gear for cold or wet weather, or you haven't had enough to eat or drink, you can become clumsy and are more likely to get injured. If it's really cold you might even get hypothermia.

Wear the right gear

- Layer up – wear a layer next to your skin made from a fabric that takes ('wicks') sweat away from your skin, followed with a light insulating layer, a heavier insulating layer, and finally a windproof, waterproof layer.
- Remember your hands and feet – wear gloves that let you work safely, and socks and boots that keep your feet warm and dry.
- Make sure it all fits with your PPE needs.

Fuel right

- Snacking frequently can be better than eating big meals because you're taking in your calories steadily.
- Drink lots of water as you can become dehydrated in the cold. Drink at breaks and while working – stay away from caffeinated drinks.

Watch for hypothermia – know the symptoms

- **Mild and moderate hypothermia** – shivering, grogginess, confusion, weak pulse and shallow breathing.
- **Severe hypothermia** – no shivering, unconscious, shallow or no breathing, weak and irregular or no pulse.
- **Take action** – stop work, get into shelter, eat and drink something warm, communicate what's happening and/or call for help.
- **Keep an eye on each other** – we often don't recognise hypothermia in ourselves.