



COLD WEATHER SAFETY

Talking Points:

Look at the forecast

Pay attention to everything, not just the temperature.

- Identify the wind speeds for the day as well. Wind chill can be a huge factor in the “feels Like” temperature
- Take a look at the forecast before you go to sleep. If there is a potential for snow or ice, this could delay your commute to work.

Dressing for the weather

When you are outside, frostbite and hypothermia are possible, so you need to protect yourself.

- Wear layers of loose-fitting, lightweight, warm clothing.
- Wear a hat. Try to stay dry and out of the wind.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.

Cold weather car kit

Be sure to stock your personal and work vehicle with a winter survival kit. Items should include:

- Blankets, First Aid Kit, Ice Scraper, Shovel, Food, Flashlight, Jumper Cables, Tow Strap

Heating your home safely

Carbon monoxide poisoning is a silent, deadly killer claiming about 1,000 lives each year in the United States.

- Install a Carbon Monoxide Monitor
- Never run a generator indoors
- Use only safe sources of alternative heat such as a fireplace, small well-vented wood or coal stove or portable space heater. Always follow manufacturer’s instructions.

For more safety tips and courses, visit [ndsc.org](https://www.ndsc.org)