



# STAY WARM. STAY SAFE.

It takes hard work and dedication to work outdoors in freezing temperatures. It also takes proper planning and precautions. Post this in your break room to help your team prepare for the potential dangers they could face this winter.

## TRENCH FOOT

### WHAT TO LOOK OUT FOR

- Caused by working with **cold, wet feet**
- Initially, feet will feel heavy and eventually become **swollen** or numb
- Skin on feet may turn **red or blistered**
- Mild cases could develop over the course of a **single shift**

### HOW TO PREVENT IT

- Wear **waterproof** boots
- Wear thick, warm socks
- Carry an **extra pair of dry socks** in case your feet get wet
- Remember, a wet foot could soon be a trench foot

## FROSTBITE

- Occurs when skin and underlying tissue **literally freeze due to the cold**
- Early symptoms include **feeling pins** and needles or numbness in affected areas
- Severe cases could result in **blackened, hardened skin** — which could require amputation
- Often affects **nose, ears, toes, cheeks, fingers, toes** and **feet**

- Wear **heavy, water-resistant** clothing
- **Cover all** extremities
- Don't forget accessories — hats, ski masks, scarves, gloves and winter socks
- Consider carrying **hot hands packs** as a preventative measure

## HYPOTHERMIA

- Hypothermia begins to set in when the body begins to **lose heat faster** than it can produce
- **Shivering** is the first warning sign
- Moderate symptoms include **loss of memory and motor skills**
- **Call 911** if a person you feel is suffering from hypothermia loses consciousness

- Dress in **at least three layers** of loose-fitting clothing
- Inner layers should be made of **thermal wear, wool or synthetics** to help retain body heat
- Outer layers should be **waterproof** and **ventilated** to prevent overheating



**Remember: In the event of a medical emergency, don't wait. Call 911.**

Scan to view our full lineup of winter-ready PPE and accessories.

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