

## RECOGNIZE THE EARLY SYMPTOMS OF HYPOTHERMIA



Shivering



**Fatigue** 



Loss of Coordination



Confusion & Disorientation

## DRESS FOR THE COLD



Wear several layers of loose-fitting, light clothing



Wear a hat and non-skid shoes



Change out of wet clothes ASAP

## WORKING OUTSIDE



Avoid shoveling snow if you have a medical condition



Keep the area clear of pets and people while using a snowblower



Pace yourself while shoveling and take breaks



Never leave a snowblower unattended



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