

STAY UP-TO-DATE

- Be aware of current weather conditions
- Stay informed of potentially hazardous weather
- Monitor weather forecasts

DRESS APPROPRIATELY

- Wear layers of loose fitting clothing
- · Stay dry with water resistant clothing
- Wear windproof material as an outer shell
- Wear clothing with proper ventilation
- · Keep a spare set of clothes on hand

PROTECT HEAD, FEET AND HANDS

- Keep head covered whenever possible
- · When head protection is necessary, make sure it is equipped with an insulated liner
- Protect feet with insulated socks, wear two pairs if feasible
- · Protect hands with insulated gloves

EXPOSURE GUIDELINES

- Restrict exposure time if temperatures reach -17° C (0° F)
- Restrict exposure time if wind chills reach –30° C (-22° F)

