



SAFETY MESSAGE

Week 21

Tips to Keep Warm While Working in Cooler Environments

1. Dress in Layers

The general rule of thumb is putting on at least three layers when working in a cold environment.

2. Protect the Feet

A good pair of wool socks can keep your feet nice and toasty.

3. Stay Dry

It's also a good idea to have spare socks in your locker and be prepared to change your work uniform if needed should it get wet.

4. Fuel Your Body with Something Warm

Try eating high-calorie food and consume warm drinks at your meal breaks to stay fuelled.

5. Keep Moving

The body generates heat through movement. It's important that when you're working in cooler environments that you constantly keep moving.

