

HYPOTHERMIA

goSafe



- Shivering
- Confusion/lack of coordination
- Slurred or slowed speech
- Hallucinations

FROSTBITE



- Numbness
- White, gray, or blue skin
- Cold, hard, and waxy skin
- Itching, burning, and blistering



TREATMENT

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- Go to a warm, dry place
- Remove wet/cold footwear
- Submerge extremities in warm water or wrap in warm blanket
- For severe cases, seek immediate medical attention

Prevention is key! Need winter workwear or heating gear? Visit [goSafe.com](https://www.gosafe.com)