



# Seasonal Safety

**Balfour Beatty**  
Communities

## Cold Weather Precautions

Exposure to freezing and cold temperatures for extended periods of time may cause serious health problems. Below are a few tips to help protect you and your family during the cold weather season:

- Recognize the environmental and residential conditions that may be dangerous.
- Learn the signs and symptoms of cold-induced illnesses and injuries and what to do to help.
- Learn about cold-induced illnesses and injuries. Wear proper clothing for cold, wet, and windy weather, including layers that can be adjusted to changing conditions.
- When outside during extremely cold conditions, take frequent, short breaks in warm dry shelters to allow your body to warm up.
- Try to schedule outside work for the warmest part of the day.
- Avoid exhaustion or fatigue because energy is needed to keep muscles warm.
- Drink warm, sweet beverages (sugar water, sports-type drinks) and avoid drinks with caffeine (coffee, tea, sodas, hot chocolate, or alcohol).
- Eat warm, high-calorie foods such as hot pasta dishes.
- Remember that risks increase when individuals take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.