

Cold Stress Prevention

Why It Matters: Hypothermia and frostbite are serious risks in Wisconsin winters. Long exposure to extreme cold can lead to permanent injury or even death.

Key Safety Points:

- Dress in layers and use insulated gloves and boots.
- Take breaks indoors or in heated areas.
- Recognize symptoms of cold stress: shivering, confusion, fatigue.
- Stay hydrated and eat warm meals to maintain body heat.

Real-Life Risks: Every year, farm workers suffer frostbite from prolonged outdoor work without proper protection.

Discussion Questions:

- What are some signs of hypothermia?
- What steps can you take to warm up safely?