

## Safety Tip of the Week

### Bundle Up on Windy-Cold Days

# AFRH

Safety Office reminds you that a heavy wind can quickly lower your body temperature. Check forecast for windy and cold days.

On those days, try to stay inside or in a warm place. If you have to go out, wear warm clothes, and don't stay out in the cold and wind for a long time.

### **5 More Tips:**

1. Dress for the weather if you have to go out on chilly, cold, or damp days.
2. Wear loose layers of clothing. The air between the layers helps to keep you warm.
3. Put on a hat and scarf. You lose a lot of body heat when your head and neck are uncovered.
4. Wear a waterproof coat or jacket if it's snowy.
5. Change your clothes right away if they get damp or wet.

