

Health Byte

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Winter Safety: Tips for Working in a Cold Environment

When you must work in cold weather, be prepared and be aware. Wear several layers of loose clothing which provides good insulation. Limit your time outside and take breaks in a warm location.

For more information check out the link from the Centers for Disease Control and Prevention at <https://www.cdc.gov/features/workingincold/index.html>

Philadelphia Coordinated Health Care (PCHC) encourages you to use this information to promote and maintain a healthy lifestyle for yourself or someone you support. Our past “Health Bytes” are located on the PCHC website at www.pchc.org.