GEAR UP!

FOR COLD WEATHER

GETTIN' COLD FEET

Cold Weather clothing:

- Keep it Clean
- Avoid Overheating
- Wear it Loose and in Layers
- Keep it Dry

WATCH FOR EFFECTS TO THE SKIN, SUCH AS:

- SWOLLEN RED OR DARKENED
- PAIN, TENDERNESS, HOT OR ITCHY
- NUMBNESS OR TINGLING
- BLEEDING OR BLISTERED
- GRAY, WAXY FEELING OR "WOODEN" TO THE TOUCH
- DIZZINESS, WEAKNESS OR BLURRED VISION
- VIGOROUS SHIVERING
- LACK OF COORDINATION AND IMPAIRED JUDGMENT
- PAINFUL, RED, WATERY OR GRITTY FEELING IN THE EYES (SNOW BLINDNESS)

ARMY SAFE

FALL WINTER

NO TIME TO CHILL

U.S. ARMY
ARMY STRONG.

U.S. ARMY COMBAT READINESS/SAFETY CENTER

ARMY SAFE IS ARMY STRONG

A BAND OF BROTHERS & SISTERS