



## Safety Message of the Day for IMEA Members



### Cold Weather Safety Reminder for Linemen

Extreme cold increases the risk of frostbite, hypothermia, and equipment failure. Dress in layers, protect exposed skin, and keep hands dry and warm to maintain dexterity. Take regular warm-up breaks, stay hydrated, and watch each other for signs of cold stress. If conditions become unsafe, stop work and report it—no job is worth risking your life.