SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

Beat the Cold

- More than 550 armed forces members suffered cold weather injuries in 2010
- Prevention is a command and individual responsibility
- Keep cold weather clothing clean and dry
- Watch for skin color changes, blurred vision or slurred speech
- Stay hydrated

U.S. ARMY
ARMY STRONG.

U.S. ARMY COMBAT READINESS/SAFETY CENTER
https://safety.army.mil

ARMY SAFE IS ARMY STRONG

A BAND OF BROTHERS & SISTERS