



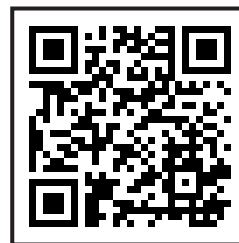
BECOME A FREEZER NINJA.

Working without proper protective clothing can cause fatigue and impair your reaction time, an effect that can last up to 60 minutes beyond your re-entry from the cold.

Your company is a member of the Global Cold Chain Alliance (GCCA). All employees have access to GCCA materials including WFLO Online Learning courses, such as Working in Cold Storage: Enhancing Comfort and Productivity. Visit www.gcca.org/wflo-workincold



This WFLO Institute Online Learning course was built in partnership with RefrigiWear, leaders in cold weather jackets, clothing, work gear and accessories.



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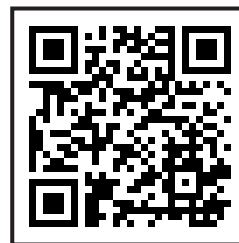
COTTON KEEPS YOU CHILLY.

Instead, choose a moisture-wicking fabric as your base layer, particularly if your job requires movement.

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MORE ISN'T ALWAYS BETTER.

Overdressing will cause you to sweat. Moisture on your body that can't evaporate will cool and cause a chill.



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IS THAT COFFEE IN YOUR MUG?

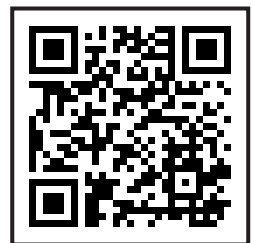
Caffeine can cause your body to become dehydrated. Proper hydration, especially when moving more, is key to reducing heat loss from sweating and inhaling cold air.



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