

Helping on Cold Days

In cold weather, you should consider the following seven tips.

1. Wear the correct clothing

Wear warm clothing. It should be breathable and water-resistant. It's best to bring spare clothing so you can change out of sweaty clothes. Also, wear a hat and gloves to keep warm. Wear highly visible clothing, such as a high-visibility vest. Wear ankle-high, sturdy winter boots with a rugged tread or spikes.

Tip: Insulating insoles keep your feet warm.

2. Watch out for dangers from above

Icicles and snow can fall from roofs and trees, potentially injuring people. If there's danger, inform the owner of the property or notify emergency services. If that's not possible, then cordon off the hazardous area.

3. Work only in safe areas

Don't work in places where you could fall. Don't enter buildings that could collapse. Watch out for objects like branches or roof tiles that could fall. Another danger: After storms, loose objects may be lying around. Sometimes the ground may be covered with snow or leaves. Test it with a stick to see if it's safe to walk on. And don't walk on ice surfaces.

4. Watch out for slippery roads and pathways

Especially in front of building entrances, it can get slippery quickly. Wipe down slippery areas and clean your shoes carefully to avoid falls.

5. Watch out for vehicles

If a vehicle is approaching you, make sure the driver sees you. Don't stand behind the vehicle. When near vehicles, wear a high-visibility vest, whether they are moving or parked.

6. Pay attention to your limits

Warm up before starting any activity. Take regular breaks and stay hydrated. In cold weather, it's important to warm up regularly. Don't overexert yourself. Rest and get plenty of sleep after any activity.

7. Cold weather packing list

Have you packed all the essentials?

- Take a photo of your ID card, health insurance card, driver's license if available, and vaccination record
- Your smartphone, a charging cable, adapter, and a fully charged power bank
- Drinks (such as warm tea in a thermos flask) and food for the day
- Protective clothing (e.g., work gloves, high-visibility vest, safety goggles, and ear protection)
- Warm change of clothes
- Emergency blanket
- Rain gear
- For snow: Sun protection (sunscreen and sunglasses)
- Important medications like allergy medication
- Equipment (e.g., snow shovel or flashlight)
- Notebook and pens
- Cash and debit card
- Lightweight backpack



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Videos on the topic as well as this information in English and Turkish



Packing list

for cold days



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