

CULTIVATE

January 31, 2022

Staying Safe During Extreme Cold



The Midwest is in the middle of winter, and with that comes the bitter cold. While the landscape is stunning blanketed in winter white, freezing temperatures can be extremely dangerous. Being prepared to brave the outdoors is crucial for staying safe, so here are a few tips to navigate winter's cold weather:

[Dress Appropriately](#)

- Dress in layers of loose fitting, warm clothes
- Wear a heavy, water-resistant coat and outer garments
- Insulated, waterproof boots will keep feet warm and dry
- Mittens keep hands a fingers warmer than gloves
- Keep your head covered with a hat or hood
- Cover your mouth with a scarf to protect your lungs

Recognize Symptoms of Exposure

- Confusion, dizziness, exhaustion and shivering are signs of possible hypothermia
- Gray, white or yellow skin discoloration, numbness or waxy skin are symptoms of frostbite

Stay warm and stay safe.

NOTE: For staff safety, when temperatures and windchill are dangerous for continued exposure, we will halt maintenance services until it is safe to resume. We appreciate your understanding.

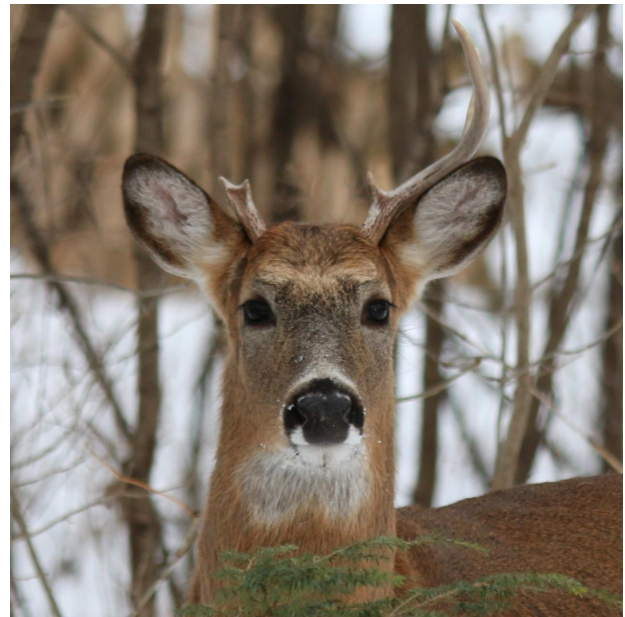


Garden Steward Team

Our team will continue the following service this week:

Dormant pruning

Preparing trucks & trailers for spring rollout



Plant Health Care

CLOSED UNTIL SPRING

Contact Information

Feel free to contact your Garden Steward directly with any questions or requests for service. Or contact our office 847/549-1361, Monday-Friday, 8:30am-5:00pm.

NOTE: We continue to respect physical distancing protocols for staff and client safety until further notice.

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