

Carrying in the cold



Make sure airway is open and face is clear of fabric.

Ensure a well supported position especially if carrying over coats.

Be aware of the risk of overheating. Remember your body provides warmth, and the sling acts as an extra layer.

Use easily removable thinner layers instead of padded clothing.

Protect extremities from the cold and wet/windy weather.

Prepare for the environment around you and plan for changeable weather.



Read more at
www.carryingmatters.co.uk/cold

