

Personal Protective Equipment and Working in the Cold



In 2019, there were **1,015** deaths due to excessive cold or hypothermia*

When possible, use an insulated version of your personal protective equipment (PPE) to protect from both work hazards and the cold.



Coveralls made of flexible material for ease of movement



Waterproof boots that are slip-resistant for icy surfaces



Wind-resistant coats with elastic wrist and waist bands to keep out air and moisture (snow)



Gloves with highly efficient, yet thin insulation to maintain dexterity

When working in the cold, make your clothes work for you

- ✓ **Wear appropriate clothing**
 - Layered clothing provides better insulation and can be removed to prevent becoming too hot.
 - Tight clothing reduces circulation to hands and feet.
 - Some clothing may restrict movement, which can be a hazard.
- ✓ **Protect the ears, face, hands, and feet**
 - Wear a hat to keep your whole body warmer.
 - Prevent clothing, boots, and gloves from becoming wet.
- ✓ **Carry extra socks, gloves, hats, jacket, blankets, a change of clothes in case what you are wearing gets wet**
- ✓ **Avoid touching cold metal surfaces with bare skin**



**Centers for Disease Control
and Prevention**
National Institute for Occupational
Safety and Health

*CDC, National Center for Health Statistics. National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 1999-2020, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/mcd-icd10.html> on Jan 22, 2024 1:13:59 PM. "Deaths attributed to excessive cold or hypothermia" defined using International Classification of Diseases, Tenth Revision underlying cause-of-death code X31 (exposure to excessive natural cold) and multiple cause-of-death code T68 (hypothermia).

Learn more at: <https://www.cdc.gov/niosh/topics/coldstress>
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