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**

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