Personal Protective Equipment and Working in the Cold

In 2019, ~1300 people in the U.S. died from hypothermia. ~32% of those hypothermia deaths were work-related.

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

Learn more at: https://www.cdc.gov/niosh/topics/coldstress March 2021