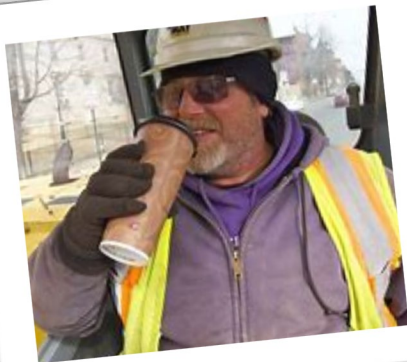


Tips for Winter Workplace Safety



Examples of Cold Weather Clothing

Clothing	Type
Long underwear	Wool, silk, synthetic fabric
Pants	Wool, synthetic fabric
Shirts, sweaters, turtlenecks	Wool, fleece, synthetic fabric
Head gear	Wool, synthetic fabrics, wind barrier fabric if necessary
Gloves, mittens	Loose fitting with wool or synthetic fabric liners, gloves inside mittens plus windproof overmitts for extremely cold conditions
Socks	Two pairs – light or medium inner and heavy wool or synthetic outer socks
Parka / Jacket	Loose fitting, filled with down or insulating fibre, attached hood, outer layer of windproof fabric



TIP! Staying hydrated is also important when you are working in the cold. Don't forget to drink regularly – warm fluids can include caffeine-free drinks, soup, and water.

Stretch

