



Cold weather can have a dulling effect on the senses. It can be difficult to be productive when you are cold.

Therefore, it is important to dress for the weather conditions found on the jobsite.

**Recommendations:**

- **Always dress in layers** with the outer layers being rather loose and the inner layers being somewhat tighter (to trap body heat).
- Do not over bundle.
- **Use the outer layer of clothing** as a windbreaker. This will make the layers underneath more effective.
- **Minimize sweat.** If you begin to get hot, take a layer off. Try to avoid getting your clothing wet. Once wet, they will not serve as good protection from the cold.

- **Wear head protection.** This will increase your overall warmth. Over half of the body’s heat loss comes from the head.

- **Be sure to properly protect your feet.** Unless you are moving around, your feet will feel the effects of the cold first. Wool socks help, but 4-buckle overshoes can provide better protection.

- **Gloves are very important.** Most often a thin pair of wool gloves under a pair of leather gloves will provide the best protection.

**Remember:**

**Don’t overdress.** This can restrict your movements and increase the chances of an accident. The shock effect resulting from an accident in cold weather can be much more dangerous.

**Should an accident occur in cold weather,** it is critical that the injured person be kept warm.