

COLD TIPS

10 TIPS TO STAY WARM AND SAFE FOR INDOOR + OUTDOOR WORKERS

Our clothing keeps you warm, safe and productive in cold environments, but choosing the right clothing is only part of the process. To make it simple, here are 10 cold facts that can help you stay warm.

CHOOSE CLOTHES ACCORDING TO YOUR ACTIVITY LEVEL.

More active = less insulation
Less active = more insulation



DRINK MORE WATER, LESS CAFFEINE

Caffeine can cause dehydration, making you more vulnerable to the cold. Drink lots of water to stay hydrated & warm.



EAT MORE

When working in cold temperatures, you should average at least 2,400 calories and up to 4,000 calories per day.



DON'T WEAR CLOTHING THAT IS TOO TIGHT OR TOO LOOSE

Insulated clothing or layers should fit comfortably and also help seal out drafts.



PAY ATTENTION TO YOUR BODY

Get out of the cold if you experience extreme drowsiness, loss of balance, extreme shivering or slower breathing.



AVOID SWEAT BUILD UP

Stay dry to maintain warmth. Moisture can prevent you from staying warm so look for moisture wicking layers.



PROTECT BARE SKIN

Cover all areas that will be exposed to cold temperatures or wind.



LAYER CLOTHING

A good inner layer insulates and wicks moisture away from the skin. The outer layer continues the wicking process and insulates by preventing body heat from escaping.



DON'T SMOKE OR DRINK ALCOHOL

Nicotine and alcohol affect the body's ability to regulate and conserve heat, especially in your extremities.



WEAR REFRIGIWEAR® GARMENTS!

RefrigiWear® offers head-to-toe protection for a variety of temperatures and activity levels.



Learn more in our knowledge center
www.refrigiwear.com/coldtips