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Reference: Dressing Properly for Cold Weather

Dressing properly is extremely important to preventing cold injuries. When cold environments or temperatures cannot be avoided, the following will help protect you from cold injuries:

- 1) **Wear at least three (3) layers of loose-fitting clothing.** Layering provides better insulation.
 - a) An **inner layer** of wool, silk or synthetic (polypropylene) to keep moisture away from the body. Thermal wear, wool, silk or polypropylene, inner layers of clothing that will hold more body heat than cotton.
 - b) A middle layer of wool or synthetic to provide insulation even when wet.
 - c) An outer wind and rain protection layer that allows some ventilation to prevent overheating.
- 2) **Important things to remember:**
 - a) Tight clothing reduces blood circulation. Warm blood needs to be circulated to the extremities. Insulated coat/jacket (water resistant if necessary)
 - b) **Wear a knit mask to cover face and mouth** (if needed)
 - c) **Wear a hat that will cover your ears** as well. A hat will also help keep your whole body warmer. Hats reduce the amount of body heat that escapes from your head.
 - d) **Wear insulated gloves** (water resistant if necessary), **to protect the hands**
 - e) Wear insulated and **waterproof boots to protect the feet**. Polish your boots to enhance water proofing.
 - f) **Remove your outer layer when you enter a building** so that you have something to put on when you go back outside. This helps to regulate and maintain a healthy body temperature.
 - g) Lotion feet, hands, face, and use lip balm to protect the lips.
 - h) Stay dry in the cold because moisture or dampness, e.g. from sweating, can increase the rate of heat loss from the body



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- i) Keep extra clothing (including underwear) handy in case you get wet and need to change
- j) Stay hydrated, drink warm sweetened fluids (no alcohol)