BASIC LAYERING GUIDE

FOR COLD STRESS PREVENTION





COLD WEATHER LAYERING ESSENTIALS

To combat extremely cold and unpredictable weather conditions on a jobsite, workers should layer their workwear. By strategically layering a combination of garments such as a base, middle, and outer layer, workers can stay comfortably warm throughout their shift – even in the harshest environments.





The ideal, slightly loose base layer should be worn closest to the body and provide moisture wicking and venting in key areas to create a comfortable yet breathable layer.

MIDDLE LAYER



The middle layer is critical since it retains body heat and provides an extra layer of protection. Workers can easily remove this layer based on the weather and outside temperature.

OUTER LAYER



This layer should be durable, comfortable, and able to withstand the forces of nature such as wind, rain, and snow. Strategically placed vents and hi-tech materials allow moisture to pass through the garment keeping workers comfortably warm.



