

Winter PPE – Staying Safe and Warm on the Job

Why It Matters

- Winter weather can create serious hazards for workers in construction and material facilities — including cold stress, frostbite, slips and falls, and reduced visibility. The right PPE helps keep you warm, dry, and safe while maintaining productivity on the job.

Key Winter PPE Items – See your local safety manager if replenishment of PPE is necessary at your location

• Head Protection

- Continue wearing your hard hat where required— cold weather is no excuse to leave it off.
- Use an approved thermal liner and avoid bulky hats or hoodies that interfere with suspension.

• Hand Protection

- Wear insulated, waterproof gloves that still allow good grip and dexterity.
 - Insert handwarmers into gloves for added warmth
- Keep extra pairs available — once gloves are wet, they lose insulation fast.
- For fine work, use liner gloves under waterproof shells.



• Foot Protection

- Wear moisture-wicking socks (avoid cotton – it traps moisture).
- Keep spare socks to change out during long shifts or after breaks.
- **Safety Managers also have boot cleats available**

• Body Protection – Dress in layers

1. Base layer: moisture-wicking material (synthetic or wool)
 2. Middle layer: insulation (fleece or down)
 3. Outer layer: windproof and waterproof shell
- Avoid tight clothing — circulation is key to staying warm.

• Eye & Face Protection

- Wear safety glasses or goggles rated for cold and fog resistance.
- In windy or snowy conditions, use full-face shields or balaclavas designed for safety use.



Additional Winter Safety Tips

- Store PPE properly in a dry, warm place between shifts.
- Stay hydrated and take warm-up breaks — **dehydration increases cold stress risk.**
- Be alert for signs of cold stress: shivering, numbness, confusion, or pale skin.

Dress for the weather, inspect your PPE, and stay alert — being cold or wet on the job isn't just uncomfortable, it's unsafe.

