

How to Dress for Winter Work: A Head-to-Toe Guide



Inner Layer

This is your base layer, which should work to provide insulation and keep moisture away from your skin to keep it dry.



Middle Layer

Your middle layer should also be of the moisture-wicking type. Clothing in your middle layer should be loose (so as not to squeeze all the insulating air out of the inner layer) and easy to open and/or remove.



Outer Layer

When it comes to dressing for winter conditions, your outermost layer should be waterproof to protect against wet elements such as snow.

Head, Neck, and Ears

1

To prevent excessive heat loss, wear a hat designed to keep your head (and your ears!) warm. If your work requires you to wear a hard hat, a knit cap or liner is still recommended.

3

Hands and Fingers

When it comes to these handy extremities, gloves and mittens are where it's at. As the CCOHS explains: "If fine manual dexterity is not required, gloves should be used below 4°C for light work and below -7°C for moderate work. For work below -17°C, mittens should be used."

Simple as that.

2

Core / Torso

This is where the three layers we discussed earlier really shine. Start with a sweat-wicking inner layer (clothing made from materials such as silk, thin wool, or polypropylene are recommended), a slightly larger sweat-wicking middle layer, and an even larger waterproof outer layer.

4

Feet and Toes

Just like with the rest of your winter clothing, layering socks can help keep moisture out and hold heat in. Thin, moisture-wicking fabrics such as silk, thin wool, or synthetics made of polypropylene make an excellent inner sock layer. Wrap that up with a thick second layer and you've got yourself a nice warm foot burrito.