Let's Talk Safety
DRESSING FOR COLD WEATHER – THINK WARM

All Employees

With cold temperatures and snow arriving throughout many parts of the country, dressing properly is an important solution to keeping our Postal employees safe this winter. Dressing for cold weather is not difficult, but careful planning helps.
Some important things to consider:

Layering

Choose your clothing carefully. Layering is the best way to keep warm. Add a first layer consisting of a light fabric that will wick sweat away from your body. Avoid pure cotton, linen, or other similar materials, because these fabrics retain moisture and can cause you to become colder. In addition, layer a knit sweater or sweatshirt over the top of the first layer. Finally, add your coat or jacket as the top layer. Not only will the multiple layers keep you warm, but if temperatures increase, you can easily remove a layer to remain comfortable.

Protect Face and Extremities

Your face and extremities, such as your hands and feet are the most vulnerable when exposed to cold and windy temperatures. It is important to protect your face and extremities from the cold and wind. Wrap a scarf around your neck and pull it over your mouth and nose to guard against the cold air. Additionally, wearing a winter hat can protect your ears and head before going outside, and lastly, keep your hands warm with gloves or mittens.

Stay Dry

When planning how to dress for cold weather, staying dry should be a top priority. It is usually a good idea to get a coat that has a waterproof or water-resistant outside layer, especially if you will be exposed to rain, sleet, hail or snow. Additionally, waterproof or water-resistant shoes or boots will help keep your feet dry on wet days. If your clothes get wet, it is important that you remove and replace them to avoid frostbite.
So remember…Dress appropriately for the weather, and as always, if you feel that you are experiencing weather-related issues, notify your supervisor immediately.

"SAFETY IS A CORE VALUE"