

Seal out the Cold Keep in the Warmth.

RefrigiWear garments set the standard in insulated apparel that ensures your warmth, comfort, and safety. Our garments have a variety of features we've developed over the years to help **seal out the cold** and **keep in the warmth**.

IronTuff Features

Insulation

Quilting our own fabrics in our factory ensures the highest standards are met.

Insulated Pockets

Hands stay warm during down times.

Kidney Warmer

Elastic back band provides a better fit and additional protection where you need it most.

Extra Long Knit Cuffs

Cuffs extend the life of the garment and stop cold from creeping up your sleeve.

Bound Seams

Seams prevent cold from seeping through and increase garment durability.

Outer Shell

Top quality, durable nylon fabric is wind-tight and water-repellent.

Storm Flaps

Eliminate drafts and cold spots at zippers.



RefrigiWear®

For additional copies, please call
RefrigiWear at 800-645-3744.

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COLD TIPS

from

RefrigiWear®

**Serious About
Your Warmth
and Safety**



Tips to help you stay warm in the coldest environments.

Your clothing keeps you warm, safe, and productive in cold environments. The best clothing for cold does several things; it conserves body heat, wicks moisture away from the skin, and allows moisture to escape.

The amount of insulation, and layers of clothing, you need to stay warm and dry in the cold depends on how active you are doing your job. When muscles work, they release heat. Active work, even in cold environments, increases body temperature and decreases the amount of insulation and layers needed. Pay attention to your activity level.

For over 50 years RefrigiWear has protected workers in a variety of industries and cold temperatures. When choosing the right garments for your work environment, there are three specific factors to consider.

INNER LAYER

The inner layer keeps the body's heat close to the skin and regulates the skin climate. The ideal inner layer wicks moisture away from the skin.

OUTER LAYER

The outer layer keeps body heat from escaping and wicks moisture to the outside. More insulation is not necessarily better; too much insulation will cause sweating.

EXTREMITIES: HEAD, HANDS AND FEET

The first areas of the body to lose heat are the head, hands and feet. Insulated boots, gloves, and headwear preserve body heat and keep you feeling warm.

The logo for RefrigiWear, featuring the brand name in a stylized, white, cursive font with a registered trademark symbol.

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To view online, visit www.RefrigiWear.com/ColdTips

TEN COLD FACTS FOR KEEPING WARM

1. Choose clothes according to your activity level.

If you are very active, wear clothing with a moderate level of insulation. If you are less active, you need clothing with a higher level of insulation.

2. Layer clothing.

A good inner layer insulates and wicks moisture away from the skin. The outer layer continues the wicking process, and insulates by keeping body heat from escaping.

3. Avoid perspiration buildup.

Stay dry to stay warm. When you are highly active, ventilate your clothing as often as you can. Change to dry socks and felt pac boot liners every 4 hours.

4. Don't wear clothing that's too tight or too loose.

Insulated clothing should fit comfortable. If your clothing is tight-fitting, it will not keep you warm. If your clothing is too large, the insulating layer of warm air around you will escape and you will feel cold.

5. Drink more water, less caffeine.

You need lots of water to stay warm. Caffeine acts as a diuretic and can dehydrate. Hot drinks can cause sweating.

6. Don't smoke or drink alcohol.

Nicotine and alcohol dangerously affect the body's ability to regulate and conserve heat. They affect your extremities in particular.

7. Eat more.

You read right: eat more. Your average caloric intake when working in cold temperatures should average at least 2,400, and up to 4,000, calories per day. Focus on increasing your intake of carbohydrates and fats.

8. Protect bare skin.

Cover all areas that will be exposed to cold temperatures or wind. This is easily done with a full coverage mask and gloves. Do not touch cold metal or plastic objects with your bare hands.

9. Pay attention.

Cold hands and feet indicate a drop in body temperature. Get out of the cold if you experience extreme drowsiness, loss of balance, extreme shivering or slower breathing.

10. Wear RefrigiWear garments.

The RefrigiWear Cold Defense system offers head-to-toe warmth for a variety of temperatures and activity levels. With decades of expertise in protecting cold-temperature workers, RefrigiWear garments will keep you warm, comfortable, and safe.