

KEEP
WARM
BECAUSE
WINTER IS
COMING

THE INFORMED WORKER



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WINTER

WHAT TO WEAR FOR OUTDOOR WORK

Dress the part: Avoid cotton and goose down while working outdoors, winter clothing is your single most important resource to keep warm. It's essential to dress in loose-fitting layers, which trap heat easily and allow you to adjust clothing as your activities change throughout the day. If overdressed, you'll work up a sweat as the day progresses.

When you're less active, sweat starts to cool your body down, so it's important to wear enough layers to keep warm, but not so hot as to sweat excessively. If you are sweating profusely you may be overexerting yourself; work activities and hydration should be adjusted accordingly. Be sure to add layers of clothing as your activity level decreases. Layers should be made of fabrics that retain warmth when wet such as wool, polyester fleece, and polypropylene (often found in synthetic long-johns).

Cotton is quite possibly the worst fabric to wear for warmth in winter. Once it gets wet from rain, snow or sweat, the cotton will start to extract heat out of the body. The effects are especially noticeable in cotton socks, underwear, or if a cotton T-shirt is the first layer next to skin. Goose down is an excellent insulator when dry, but because it loses almost all its insulating power when wet, it is best to avoid during winter months.

Layering Systems: To work comfortably outside, a layering system should be applied to pants, socks, jackets, gloves and hats. It starts with a wicking layer to remove moisture from skin. From there it builds into heavier and more durable fabric to keep you warm.

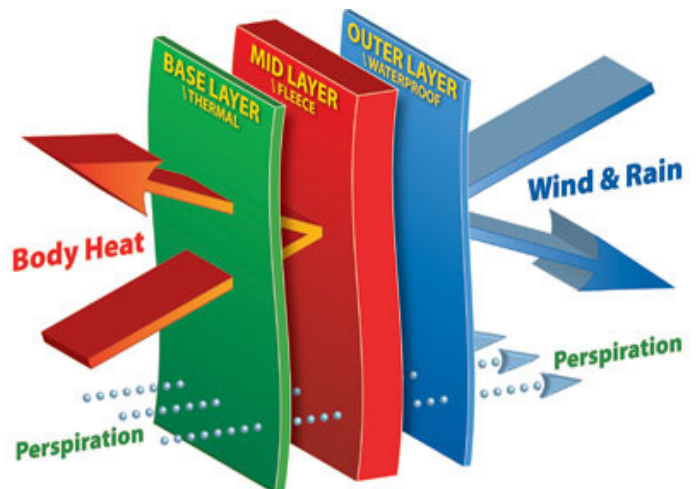
Wicking Layer: This is the layer next to your skin. To avoid your body cooling down due to sweat, this layer should remove moisture from the skin and transfer it to the next layer. Recommended layers are synthetic or polypropylene long johns, tops and socks – no cotton!

Light Insulating Layer: This goes on after the wicking layer. A light fleece or thin wool sweater is an excellent light insulating layer.

Heavy Insulating Layer: A heavier fleece or wool sweater begins to trap heat in the body.

Windproof-Waterproof Layer: This protects your body from a variety of weather conditions, from wind to rain or wet snow.

Winter Toque: Thirty to 50 per cent of body heat is lost through the head. A winter hat adds as much warmth as all your layers. In winter conditions, everyone should be wearing a toque. Balaclavas can be worn under toques and are excellent for protecting facial tissue from frostbite, particularly if hard hats are mandatory in extreme cold conditions and you're working outdoors in the open.



A Trucker's Winter Emergency Kit

Gloves and Mitts: Mitts are warmer than gloves but not always practical for work that requires detail. To help with this problem, a thin glove can be worn inside a mitt. This will allow you to remove your mitts for more technical work while not exposing bare skin to the cold. Once work is completed, return your gloved hands promptly to your mitts. Also, mitts with separate index finger are very useful for certain applications.

Socks: A two-layer sock system is most recommended for winter travel. A thin polypropylene sock with a wool sock over top allows moisture to be wicked from the feet and wool will stay warm even when wet. Boot size is also important – your toes need wiggle room – avoid a tight fit that restricts circulation. Some workers prefer a single pair of loose-fitting wool and/or synthetic material socks in an insulated boot, and bring a spare pair just in case.

Fuel your body: *Go ahead and eat up!*

Working outdoors requires your body to produce heat to keep you warm. Due to the extreme conditions, it's best to take in your calories steadily over the day. Six to eight snacks are far better than two heavy meals. Fifty per cent of your nutritional intake should be from carbohydrates such as bread and bagels. Cheese, butter, and meats add a valuable fat content to help keep your body warm.

Avoid caffeine: Hydration is very important for winter work. On average, you should drink about four litres of water or fluids a day. If you only have a one-litre water bottle with you during the day, make sure to consume lots of hot drinks at breakfast and dinner. Drinks with caffeine (coffee or soda), should be avoided. Caffeine restrict blood vessels, impeding the body's ability to heat itself. In the cold, water bottles will need to be insulated to prevent freezing. Cold air is dryer than warm air and we can easily lose two quarts of water an hour during strenuous activity. You may want to consider a product such as 'Vitalyte' as part of an emergency kit to fight of dehydration and help prevent

In the winter, there are all kinds of unexpected things that can happen out on the road. The icy conditions and freezing temperatures affect many different things. Your battery may not work in the cold, or you may have to stay pulled over for awhile because of road conditions. Because of this uncertainty, it's a good idea to always carry some winter essentials with you. Here are items you should consider including in your Winter Emergency Kit:

- Items to help stay warm
- Knife
- Extra food
- Extra water
- Recovery straps or tow chain
- First aid kit
- Flashlight and batteries
- Hand Crank Radio

TAKE CARE OF YOURSELF

Dress Warm

Wear comfortable warm clothes that won't restrict movement. Keep clothes in your cab in case you get stuck or stranded.

Eat Well

- Keep healthy by avoiding junk food which causes highs and lows in your blood sugar level.
- Eating frequently keeps your energy levels up and helps you stay awake during long trips.
- Keep extra packed food in cab in case you are stuck or stranded.

Rest

Stop in a safe place. Stretch your legs and get fresh air. Do this for 10 minutes or so every 2-4 hours.

Medication

Avoid medication (even prescription) which may make you sleepy or affect your driving ability.

KAS Offices Near You

Belleville 613-969-1010

Burlington 905-632-8152

Cambridge 519-622-7788

Concord 905-669-4129

Hamilton 905-545-4656

Mississauga 905-677-3307

Ottawa 613-225-3330

Pickering 905-839-8998

Scarborough 416-269-0033

Woodstock 519-788-2683

TRUCKERS WINTER SURVIVAL KIT



In case you are stranded keep the following in your ride.

- Extra blankets.
- Extra clothes, shoes, jackets.
- Non-perishable energy foods, chocolate, tinned food, juice, instant tea/coffee, soup and bottled water (enough for 3 days supply).
- Matches, torch and batteries.
- Can opener and eating utensils
- First aid kit.
- Road flares, warning lights.
- Spare battery/charger for your cell phone.

For your vehicle

- Jumper cable
- Spare tyre, wheel wrench, jack