

FSIS Employee Training

Body Protection (Cold Stress) – Cooler/Freezer Clothing

INSTRUCTIONS

This document provides training on Personal Protective Equipment (PPE) for cold stress protection as required by Occupational Safety and Health Administration (OSHA) regulation 29 CFR 1910.132, PPE General Requirements. After reading, and prior to performing work that requires this type of PPE, your supervisor may ask you to demonstrate your understanding of the information in this handout, such as your ability to properly use the PPE. You must also follow any specific manufacturer instructions on the use and care of the PPE.

PPE SELECTION

- When used properly, cooler/freezer clothing helps provide protection from the hazards of working in cold environments. Their use minimizes the risk of cold related injuries and illnesses.
- Cooler/freezer clothing is available to FSIS employees in three different styles: a vest, jacket and full-length coat.



Freezer Vest
FSIS-01 - Sizes SMVEST-3XLVEST



Freezer Jacket
FSIS-67- Sizes SM-3XL



Freezer Coat
FSIS-01- Sizes SM-3XL

- Selecting which type of clothing is best to use should be based on the temperature in the work area, the length of time that will be spent there, and ensuring a proper fit. Clothing should be large enough so that additional clothing worn under them fits comfortably and small enough to ensure the clothing will not impede job duties or create gaps where air can enter.
 - Vests and jackets are comfort rated to 10°F and are designed to keep employees warm while still maintaining range of motion and comfort for wearers. Vests can be worn under jackets for added protection if needed.
 - Full-length freezer coats are comfort rated to -50°F and provide protection for the upper body as well as the waist and hip area.

WHERE/WHEN

The Agency provides cooler/freezer clothing that FSIS employees may choose to wear in cold work environments (such as walk-in freezers).

PROPER USE

- Proper fit of cooler/freezer clothing is important to ensure protection. Refer to the sizing chart at the end of this sheet for information.
- If wearing the full-length coat, secure the belt to minimize cold air traveling up the body.
- Keep clothing dry in cold environments as wet clothing can increase the loss of body heat.

LIMITATIONS

- Cooler/freezer clothing provided by the Agency is only designed to protect the body's core and upper body.
- Full-length freezer coats are comfort rated to -50°F. If you are exposed to temperatures below -50°F, talk with your FSIS supervisor to ensure all proper precautions are being taken.

CARE AND MAINTENANCE

- Inspect cooler/freezer clothing on a regular basis to check for signs of fabric wear and damage that might expose you to cold.
- If cooler/freezer clothing becomes un-useable, request a replacement from your supervisor.

FSIS PPE ORDERING INFORMATION

Cooler/Freezer Clothing Size Chart			
<u>Size</u>	<u>Chest</u>	<u>Waist</u>	<u>Weight</u>
Small	30-32	26	<115
Medium	34-36	28-30	115-145
Large	42-44	36-38	175-195
X Large	46-48	40-42	200-225
2XL	50-52	44-50	230-270
3X	54	52	275

- FSIS catalog numbers:
Cooler Wear Vest: Sleeveless vest, waist length. Includes breast pocket and two insulated hand-warmer pockets. Rated to 10°F:
 - FSIS-01 SM-VEST: Small
 - FSIS-01 MED-VEST: Medium
 - FSIS-01 LG-VEST: Large
 - FSIS-01 XL-VEST: Extra Large
 - FSIS-01 2XL-VEST: Double Extra Large
 - FSIS-01-3XL-VEST: Triple Extra Large

FSIS PPE ORDERING INFORMATION (CONTINUED)

Cooler Wear Jacket: Waist length with sleeves. Includes breast pocket and two insulated hand-warmer pockets. Rated to 10°F:

- FSIS-67-SM: Small
- FSIS-67-MD: Medium
- FSIS-67-LG: Large
- FSIS-67-XL: Extra Large
- FSIS-67-2XL: Double Extra Large
- FSIS-67-3XL: Triple Extra Large

Freezer Coat: Long-length with a breast pocket and side seam. Openings for access to pants pockets. Rated to -50°F:

- FSIS-01-SM: Small
- FSIS-01-MD: Medium
- FSIS-01-LG: Large
- FSIS-01-XL: Extra Large
- FSIS-01-2XL: Double Extra Large
- FSIS-01-3XL: Triple Extra Large

QUESTIONS?

For more information on this topic, please contact your Occupational Safety and Health Specialist. Contact information can be found on the FSIS Safety site at www.tinyurl.com/FSIS-ESHG.