

Tips for staying warm when working outdoors

Stay dry

- Wet skin = cold skin. Stay dry, especially by dressing in layers such as layering with a wicking base layer to pull the moisture off your skin. Tights, leggings, form-fitting undershirts, etc. are lightweight, easy to throw on underneath your normal clothes and, most importantly, keep you toasty with minimal discomfort. Try not to let cotton (which can absorb sweat) touch your skin, if you can help it. Then on top of that, you'll need a layers that insulates such as fleece or wool. Finally, waterproof outer layers will reduce windchill as well as keeping the rain off.

Keep your core warm

- As counterintuitive as it sounds, keeping your torso warm is the number one way to keep your hands and feet feeling warm, too. When people lose feeling in fingers, toes, and other extremities, it is one of the body's natural self-preservation systems at work; the body simply stops sending blood out in order to protect the vital organs. Dig out that vest and body warmer!

Wear a hat

- Wearing a warm hat can and definitely will help you keep warm. (The more skin you cover up the better.) But a hat shouldn't be depended on in lieu of a coat or jacket with good insulation.

Wear fingerless gloves or wrist-warmers

- When working outdoors, we are often picking things up or doing things with our hands. Gloves can get wet, and therefore cold, quickly. Fingerless gloves or wrist-warmers keep the blood going to your fingers warm and will keep them warmer for longer. Bring hand-warmers if you know you feel the cold.

Drink water & graze

- Water is actually amazing for retaining body heat. Simply put, the more you have in your system, the easier it is to keep warm. So stay hydrated. Too much food in one go will mean your body uses a lot of it's resources trying to digest it, making you feel colder after you have eaten a big meal. Eat little and often to keep your energy levels up whilst allowing your body to digest more slowly.

Wellies are not warm

- We don't tend to move around as much as the children do outdoors and so our feet can get cold. Wellies keep feet dry but not warm. Wear more than one pair of socks or invest in some fleecy welly socks. Don't overdo it and restrict your circulation though! Warm boots with a decent sole will provide a better form of insulation, if you have them, and have better grip.

Source:

<http://theweek.com/articles/453487/how-keep-warm-outside-5-sciencebased-tips>