

Wet Weather  
Parka and  
Trousers...

# THE UNSAFE SAUNA

**T**here's nothing quite like a relaxing sauna at the gym after a stressful day. Just lie back, close your eyes and feel the warmth blanket you while your muscles relax. Feels good to unwind.

But there's another kind of sauna that doesn't feel so good. It's the kind you get while working in your wet weather parka and trousers on a hot day. They're made of nylon coated on both sides with polyurethane. The fabric doesn't breathe.

In other words, the material blocks air from getting in and body heat from escaping.

Imagine what happens if you're bundled up tight in parka and trousers, doing hard physical work on a hot day. At first you'll sweat buckets and later you'll suffer from heat exhaustion.



SO, LOOSEN  
OR OPEN THE  
FASTENERS ON  
YOUR PARKA  
AND TROUSERS  
TO GET SOME  
VENTILATION.

PS 641

On the parka, loosen  
or open the following  
fasteners:

- hook-and-pile fastener where the front of the hood meets the body of the parka

- drawcord in the hood

- front zipper

- hook-and-pile fastener on each sleeve cuff

- drawcord at the bottom of the parka

On the  
trousers,  
loosen or  
open the  
hook-and-  
pile fastener  
on each  
leg hem.

53

APR 06