

Breathability



Breathable Raingear vs. Non-Breathable Raingear

- Non-breathable raingear is designed to keep water out but also keeps perspiration in. It creates an internal environment that stores heat which leads to workers becoming wet from perspiration even though no rain passed through.
- Breathable raingear is designed to collect and transmit perspiration out of the garment. This leaves the worker dry from both the transmitted perspiration and the rain.
- Breathability is measured in 2 ways:
 - Moisture Vapor Transmission Rate (MVTR) - The amount of vapor that evaporates through the material per ASTM E96.
 - Total Heat Loss (THL) - The ability of a material to release heat as it is built up per ASTM F1868.
- For a material to be considered breathable, it must have a:
 - Moisture Vapor Transmission Rate (MVTR) of greater than 5000 g/m²/24 hours.
 - Total Heat Loss (THL) of 300 watts/m²/24 hours

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