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Your 5-step checklist for more sustainable PPE

A practical guide for buyers, sustainability managers and procurement teams.

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This 5-step checklist provides a clear framework for more sustainable PPE procurement:

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Verified CO₂ and water data for accurate comparison and Scope 3 reporting

2. Reuse, Repair, Recycle

Services that extend garment lifetime and reduce waste

3. PFAS-free

Reduced harmful chemicals without compromising performance

4. Number of washes

Durable garments that lower environmental impact and total cost of ownership

5. OEKO-TEX® & MADE IN GREEN

Safe, responsibly produced workwear with full traceability.

This is not a theoretical model. It is a practical checklist that can be directly applied in procurement processes, supplier dialogues and sustainability strategies, helping organizations turn ambition into measurable results.



Step 1. EPD

Measure what matters

What is an EPD? (Environmental Product Declaration)

Sustainable PPE procurement starts with reliable data. Without verified numbers, it is difficult to understand, or reduce, the true environmental impact of workwear. That is why the first step in this checklist is the Environmental Product Declaration (EPD).

Why it matters for buyers:

- Third-party verified data for water and CO2 impact
- Enables product-to-product comparison
- Provides verified data for your sustainability- and Scope 3 reporting
- Replaces estimates with transparent, comparable figures
- Motivate and report your sustainability decisions internally
- Includes use phase and number of washes

Key takeaway

EPDs turn sustainability from storytelling into measurable action and creates a credible foundation for sustainable PPE procurement.

Step 1. EPD

Calculate your impact!

An EPD gives you clear, transparent proof of the environmental impact of each garment, and it is the foundation we have used to develop our green range, Fristads Green - a collection where the whole production chain is built around environmental thinking and innovative solutions to keep the footprint as small as possible. We then developed our Green Calculator, which compares Fristads Green garments with conventionally produced garments.

Let's assume you require high-visibility workwear and have 1,000 users, then your savings can look like this:



22 800 000 litres of water

Enough water to fill 130,285 bathtubs



8 100 kg CO₂

Enough to drive around the Earth 1.4 times



**High vis jacket
4026 PLU**



**High vis Green jacket
4067 GPLU**

Step 2. Reuse, repair, recycle

Extend lifetime and reduce waste

Sustainable workwear is not only about how garments are produced, but how long they stay in use. Large volumes of workwear are discarded even though they could be reused, repaired or recycled.

Ask yourself:

- What happens to garments that are no longer used?
- How much usable workwear goes to waste today?

What you gain:

- Less waste and lower environmental impact
- Lower cost than always buying new
- Clear sustainability reporting

At Fristads, we offer a complete end-to-end solution



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Step 3. PFAS free

Reducing harmful chemicals

PFAS are chemicals used to make fabrics water-, oil- and dirt-repellent. The problem is that PFAS do not break down in nature and can accumulate in people and the environment over time.

The challenge

Many suppliers want to remove PFAS, but few have managed to do so on a large scale without compromising performance.

Questions to ask suppliers:

- Is the garment completely PFAS-free?
- What has replaced PFAS?
- How is performance tested and documented?

Why it matters

PFAS-free workwear reduces chemical risks in production, use and disposal, while still delivering the protection wearers depend on. At Fristads we are eliminating PFAS from our production and replaced it with alternative solutions, carefully testing to ensure that the garments still deliver the protection and quality that users depend on.

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Step. 4 Number of washes

Durability equals sustainability

One of the most overlooked sustainability factors in workwear is durability. The number of approved industrial washes has a direct impact on both environmental footprint and total cost of ownership.

Why lifetime matters

If a garment lasts longer, fewer garments need to be produced, transported, maintained and discarded. This reduces resource use and emissions over time.

Short lifetime

- ✗ More replacements
- ✗ Higher environmental impact
- ✗ Higher cost per use

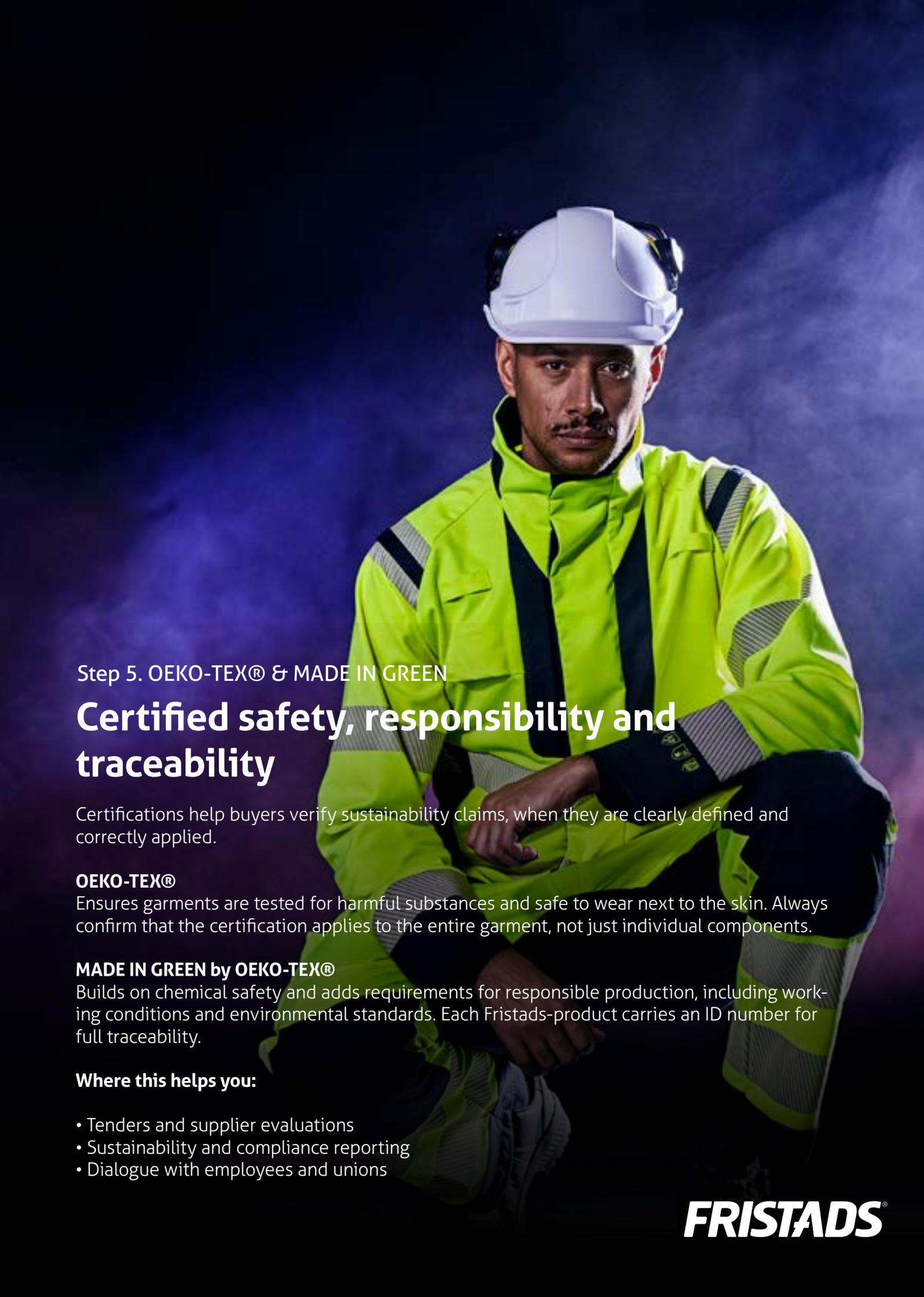
Long lifetime

- ✓ Fewer replacements
- ✓ Lower environmental impact
- ✓ Lower cost per use

Key takeaway

Durable garments are not just a quality choice. They are a strategic and sustainable investment. And when it comes down to it, wouldn't we rather have workwear that can be washed more times and used for longer, rather than buying more of them?

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Step 5. OEKO-TEX® & MADE IN GREEN

Certified safety, responsibility and traceability

Certifications help buyers verify sustainability claims, when they are clearly defined and correctly applied.

OEKO-TEX®

Ensures garments are tested for harmful substances and safe to wear next to the skin. Always confirm that the certification applies to the entire garment, not just individual components.

MADE IN GREEN by OEKO-TEX®

Builds on chemical safety and adds requirements for responsible production, including working conditions and environmental standards. Each Fristads-product carries an ID number for full traceability.

Where this helps you:

- Tenders and supplier evaluations
- Sustainability and compliance reporting
- Dialogue with employees and unions

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Want to know your impact?

In many cases, the first step is as simple as a workshop where we go through your current setup and apply the checklist together so you see where the greatest potential lies.
Don't hesitate to reach out!

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