

EPD®

**FRISTADS®**

# EPD – Environmental Product Declaration.

In accordance with ISO 14025 for:  
Trofta, High vis Green sweatshirt jacket class 3 7863 GPSW

Main fabric GPSW: 100% recycled polyester.

## General information

### Owner of the EPD:

Fristads AB Prognosgatan 24, 504 64 Borås, Sweden  
Contact person: Lisa Rosengren, Sustainability & Raw Material Manager  
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www.fristads.com

### Location of production site:

Dhaka, Bangladesh

Programme: The International EPD® system  
www.environdec.com

Programme operator: EPD International AB

EPD registration number: EPD-IES-0016868

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Geographical scope: Global

*An EPD should provide current information and may be updated if conditions change. The stated validity is therefore subject to the continued registration and publication at [www.environdec.com](http://www.environdec.com).*

# Product information

## Description of the organization

In 2019 Fristads became the first clothing producer in the world to introduce a new standard for measuring the total environmental impact of a garment – from choice of material to delivery of the finished garment. With three own factories in Europe and sales in more than 20 countries, there are many people around the world working for us – and we care for each and every one of them. These are fine words of course, and we stand firmly behind them. Injustices, unreasonable working hours, low wages, corruption – these are all issues that we resist, where we are constantly on our guard. We work hard to exert our influence wherever our products are made.

We have set high requirements for the companies that want to be our suppliers, at all stages. We give consideration to all the details in the chain, from human rights to environmental impact. It's our duty.

Our work with sustainability is based on the 10 principles in the UN's Global Compact, which forms the basis for our Code of Conduct. We respect and promote human rights according to the United Nations Declaration of Human rights and the Core Conventions of the International Labour Organisation. As a member of amfori BSCI (Business Social Compliance Initiative), we pursue a constructive and open dialogue among our business partners and stakeholders to reinforce the principles of a socially responsible business.

We are certified according to ISO 14001 and work constantly to improve our environmental performance. We monitor the use of chemicals in our products throughout our supply chain. Our Restricted Substance List, shared among all suppliers, reflects the latest EU harmonized legislation which includes REACH, pops regulation, Biocide Regulation and Product Safety Regulation, and is updated regularly based on the guidance of our partner RISE, the Swedish Chemical Group. Furthermore, most of our products are OEKO-TEX® certified.

These efforts are rarely visible from the outside. But we know they make a difference. For this reason, they are extremely important for us as we strive to make a better world to live in, a world we can proudly leave for the generations that follow us.

Read more at [fristads.com](https://fristads.com)



### HIGH VIS GREEN SWEATSHIRT JACKET CLASS 3 7863 GPSW

#### Article no: 301024

Recycled material / Stretch reflective transfers / Full-length front zip / Chest pocket with zip / Front pockets with zip / Raglan sleeves / Rib-knit cuffs and hem / 5 cm gusset with gap in the reflective transfer in sides and sleeves for extra comfort / Approved according to EN ISO 20471 class 3 and EN 13758-2 UPF 40+ UV protection. Material approved UPF 100+ UV protection / Colour 230 is approved according to RIS-3279-TOM issue 2 UK Railway Standard / Certified after 25 washes / OEKO-TEX® certified.

**MATERIAL:** 100% recycled polyester. **WEIGHT:** 265 g/m² **COLOUR:** 130 High vis Yellow, 230 High vis Orange. **SIZE:** XS-4XL.

The garment is developed and intended for professional use, meeting the requirements of **EN ISO 20471 for high visibility clothing which is capable of visually signaling the user's presence**. The garment is developed for domestic wash and during its lifetime it is estimated to be used **150 times**.

#### Hazardous properties and chemical substances

Our garments are OEKO-TEX® certified at garment level and we have a well-established program to monitor chemical safety compliance. Fristads does not allow products to contain substances of very high concern (SVHC) and all our products follows the European legislation REACH concerning Registration, Evaluation, Authorisation, and Restriction of chemicals.

# LCA information – Life cycle assessment.

Life Cycle Assessment is a method for analysing the environmental impact of a product throughout its life-cycle, from the extraction of raw materials (the cradle) to handling the waste (the grave).

## Goal of the study

An LCA study has been conducted in accordance with ISO 14040 and ISO 14044 and the requirements stated in the General Programme Instructions by The International EPD® System<sup>1</sup>. The goal of the present LCA study has been to calculate environmental impact values for Fristads’ **High vis Green sweatshirt jacket class 3 7863 GPSW**, to create this Environmental Product Declaration (EPD), to be used for communicating environmental performance to customers<sup>2</sup>. The study and this EPD follows the Product Category Rules (PCR) PCR 2024:03 Apparel, except fur and leather apparel<sup>3</sup>.

## Scope of the study

The scope of the study is cradle to grave and includes all processes up and until the end-of-life of the garment, see Figure 1. All material and resource consumption are tracked back to the point of raw material extraction, mainly by using cradle-to-gate data<sup>4</sup> from the Ecoinvent database<sup>5</sup>.

## Functional unit

The functional unit is defined as one use of one garment in a specific size, of a specific weight in the PCR. One use is defined as a 24-hour period, regardless how many hours the apparel item is worn within this 24-hour period. **In this EPD the functional unit is defined as one use of one sweatshirt, in size L, with a weight of 0,7 kg (packaging weight excluded).** Size L is chosen as it is in the middle of the men’s size range and one of the most sold sizes of Fristads garments.

## Expected lifespan

**The High vis Green sweatshirt jacket class 3 7863 GPSW is tested and approved after 25 washes for EN ISO 20471, therefore 25 washes during the lifetime of the garment has been considered in the study. It has been estimated that one T-shirt is used on average two times per wash, hence the product is considered to be used minimum 150 uses during its lifetime.**

## Data collection and data quality

The inventory for the LCA study was carried out during 2023-2024. The data for the textile processing was provided by the Fristads’ suppliers. Data for the production was collected by Fristads’ staff from the suppliers included in the supply chain of the studied garment<sup>6,7,8</sup>. The collected data cover all steps of the system boundary.

Specific data has been collected from the suppliers of fabric, reflective tape, and the garment producer in terms of energy and electricity consumption, water consumption, auxiliary chemicals usage, and waste generation.

For other ingoing trims (sewing thread, woven labels, hang tags, packaging material) selected generic data has been used, due to lack of specific data from these processes. The selected generic data have been assessed in terms of geographical, technological, and temporal representativeness and is considered to fulfill the requirements of the PCR. Selected generic data from Ecoinvent library Allocation, cut-off by classification have been used. Mass of all ingoing components is specific for each ingoing component.

**Selected generic data has been for the upstream processes and accounts for 34,6% of the GWP-total.** No proxy data have been used in the study.

## Allocation

Whenever it has been necessary to partition the system inputs and outputs, mass criteria have been used in accordance with the PCR. Such situations have for example been when the share of energy and water consumption, or the wastewater treatment of an entire production plant has been allocated to the specific fabric based on the total production volume of the plant. For assembly, electricity consumption has been allocated by production time.

Allocation of waste follows the polluter pays principle in accordance with the PCR, which means that waste generation throughout the system boundary has been included for all steps.

## Cut-off rules

In accordance with the PCR 99% of the total energy use, mass of product content, and environmental impact is accounted for in the study. All production processes for fabrics, trims, and garment are included in the calculations. All transportations between steps within the system boundary are included.

**The below stated products/processes are excluded:**

- Pallets used in transportation.
- Transportation of pallets used for transportation of goods.
- Processes in garment making without energy consumption or waste generation: Manual handling of garments/garment pieces between different steps in the assembly within the factory, folding, and packing finished goods.
- Production of the machinery used in production processes.

## Assumptions and limitations

Some general assumptions have been made around transport vehicles and road transport distances to enable use of database data from Ecoinvent to represent primary data. Road transport distances are estimated based on Google Maps distances between locations given by Fristads’ suppliers. It is assumed that similar vehicles are used throughout Asia and throughout Europe respectively.

The wash and care instructions for the garment is assumed to be representative for the user phase, in terms of washing and drying conditions. The number of uses per washing and drying cycle have been assumed based on the PEF-RP due to the limitation in available information from the actual end-users<sup>9</sup>.

For the end-of-life scenario, an assumption on the scenario have been made. This assumption is that 53% of the discarded garments are incinerated and 47% end up in land fill.

Generally, the LCA data should be used with precaution if interpreted for any other purpose than this EPD.

## Additional information

To calculate the impact of one garment the results presented in this EPD should be multiplied by the number of uses, **hence 150.**

## Time representativeness:

2023-2024

## Database(s) and LCA software used:

SimaPro version 9.6.0.1<sup>10</sup>  
ecoinvent version 3.10<sup>5</sup>

## Calculation methods

The potential environmental impact for all impact categories except GWP-GHG has been calculated with the EN 15804+A2 method as implemented in SimaPro, based on EF 3.1. GWP-GHG has been calculated using IPCC 2021 GWP100 (CO2 uptake excluded) method as implemented in SimaPro. Use of resources are calculated with the method Cumulative Energy Demand v1.12.

## Description of system boundaries:

Cradle-to-grave

## LCA practitioner:

The LCA has been conducted by the Raw Material team at Fristads.

## Third party reviewer:

Daniel Böckin, Miljögiraff AB, Övre Hövik 25 B, SE-430 84 Göteborg, Sweden (daniel@miljogiraff.se)

1. EPD International. (2024a). General Programme Instructions for the International EPD® System version 5.0.0.  
2. Rosengren, L., Lindström, F. (2024). Life cycle assessment of Fristads workwear – Trofta High Visibility tops.  
3. EPD International. (2024b). PCR 2024:03 Apparel, except fur and leather apparel: UN CPC 282. Product Category Rules according to ISO 14025. Version 1.0.0.  
4. Cradle-to-gate = all processes from cradle (mining site, forest etc.) to gate (until the goods is produced and ready for delivery at the factory gate).  
5. Ecoinvent. (2024). Ecoinvent (3.10). Ecoinvent. <https://ecoinvent.org/the-ecoinvent-database/>  
6. Anonymous. (2024a). Facility J for spinning, knitting, dyeing, and finishing.  
7. Anonymous. (2024b). Facility S for cut and sew.  
8. Anonymous. (2024c). Facility R for reflective tape production.  
9. Quantis. (2024). Draft Product Environmental Footprint - Representative Product (PEF-RP) study report- Apparel and Footwear. Version 2.0  
10. PRé Consultants. (2024). SimaPro 9.6.0.1. Retrieved from <http://www.pre-sustainability.com/simapro>.

# System diagram.

The system boundaries of this EPD are decided by the Product Category Rules (PCR) and illustrated by Figure 1.

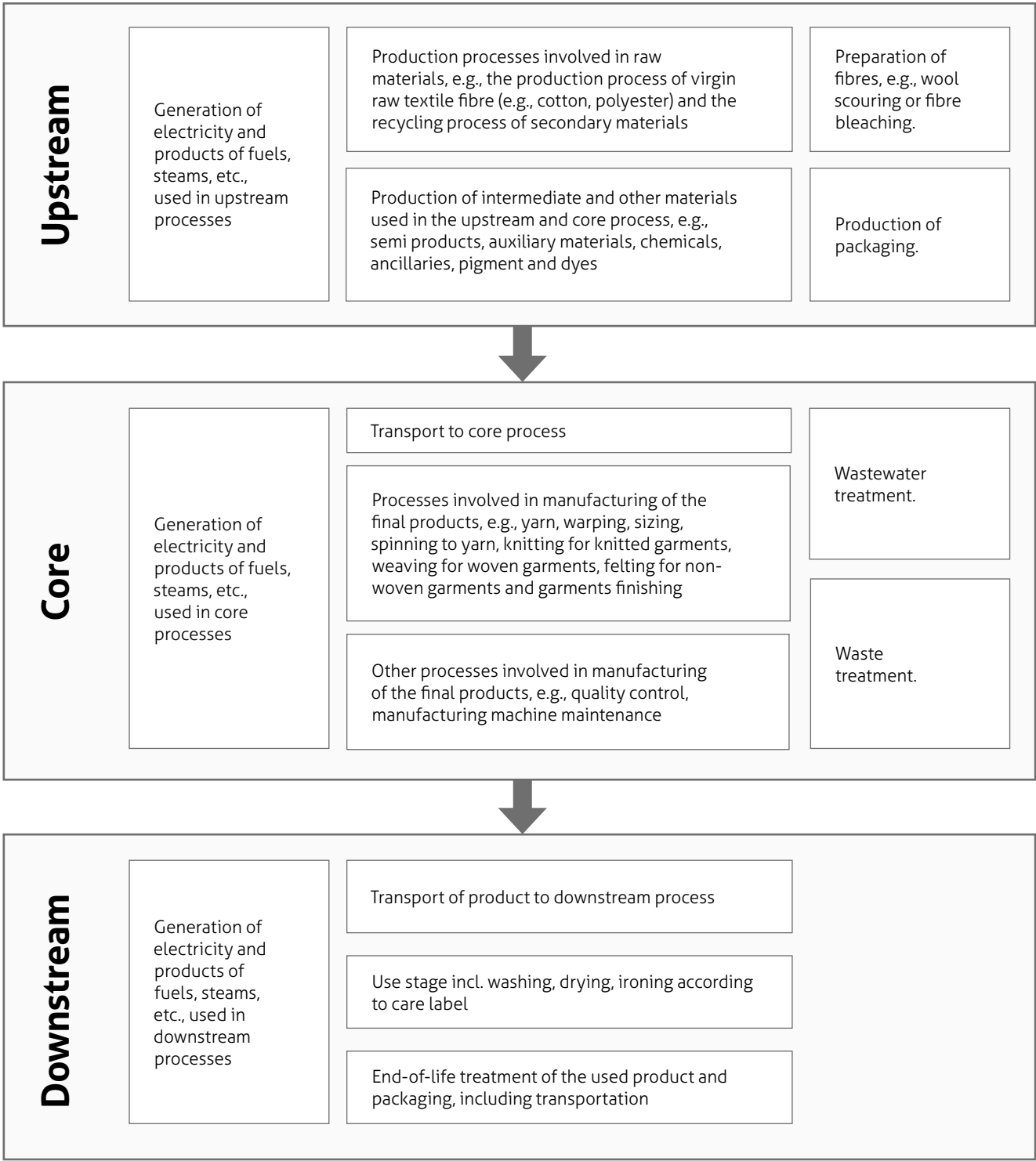


Figure 1. The system boundaries include upstream, core and downstream processes.

## Content declaration

High vis Green sweatshirt jacket class 3 7863 GPSW.

| Product part                         | % of product weight | Content                                          | % of bio-based material | % of recycled material         |                                       |
|--------------------------------------|---------------------|--------------------------------------------------|-------------------------|--------------------------------|---------------------------------------|
|                                      |                     |                                                  |                         | Pre-consumer recycled material | Post-consumer recycled material       |
| Main fabric GPSW                     | 59,5%               | 100% polyester                                   | 0%                      | 0%                             | 100% post-consumer recycled polyester |
| Rib fabric                           | 14,4%               | 95% polyester, 5% elastane                       | 0%                      | 0%                             | 95% post-consumer recycled polyester  |
| Reflective tape                      | 9,7%                | 48% polyester, 28% polyurethane, 24% glass beads | 0%                      | 0%                             | 0%                                    |
| Detail fabric GPST                   | 7,8%                | 100% polyester                                   | 0%                      | 0%                             | 100% post-consumer recycled polyester |
| Paper trims                          | 3,6%                | 100% paper                                       | 100%                    | 0%                             | 0%                                    |
| Zipper                               | 2,2%                | 100% polyester                                   | 0%                      | 0%                             | 100% post-consumer recycled polyester |
| Sewing thread                        | 2,2%                | 100% polyester                                   | 0%                      | 0%                             | 0%                                    |
| Care and size labels                 | 0,3%                | 100% polyester                                   | 0%                      | 0%                             | 0%                                    |
| Ribbon (zip puller)                  | 0,3%                | 100% polyamide                                   | 0%                      | 0%                             | 0%                                    |
| Care and size labels recycled        | 0,1%                | 100% polyester                                   | 0%                      | 0%                             | 100% post-consumer recycled polyester |
| Total of biobased/ recycled material | 86,9%               |                                                  | 3,6%                    |                                | 83,2%                                 |

### Packaging

Distribution packaging: Plastic bag and cardboard box. Plastic bag packaging made from recycled polyethylene from post-consumer resources. Weight of the plastic bag is 0,013 kg. **The average weight of cardboard box per product is 0,064 kg.**

Consumer packaging: Plastic bag packaging made from recycled polyethylene from post-consumer resources. Weight of the plastic bag is 0,013 kg.

Pallets are excluded from the study and the calculations.

## Product characteristics

### Product characteristics

| Characteristics                                                    | Reference standard                                         | Results                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Constructive characteristics                                       |                                                            |                                                                                                                                                                                                                                              |
| Composition                                                        | Regulation EU No 1007/2011                                 | 100% polyester                                                                                                                                                                                                                               |
| Fabric                                                             | Knitted fabrics ISO 8388 EN ISO 4921                       | Terry knit                                                                                                                                                                                                                                   |
| Mass per unit area                                                 | EN 12127                                                   | 265 g/m2                                                                                                                                                                                                                                     |
| Performance characteristics                                        |                                                            |                                                                                                                                                                                                                                              |
| Bursting strength                                                  | ISO 13938-2                                                | Min. 200 kPa                                                                                                                                                                                                                                 |
| Pilling test (Martindale)                                          | EN ISO 12945-2                                             | Grade 3-4                                                                                                                                                                                                                                    |
| Stretch properties                                                 | EN 14704-1                                                 | Extension at 15 N<br>Lengthwise: 9,5%<br>Widthwise: 61,2%<br><br>Residual extension after 1 min relaxation:<br>Lengthwise: 0,5%<br>Widhtwise: 0,5%<br><br>Residual extension after 30 min relaxation:<br>Lengthwise: 0,0%<br>Widhtwise: 0,0% |
| Dimensional change to washing                                      | EN ISO 6330 (Household laundry)<br>EN ISO 3759 EN ISO 5077 | Max. 5%                                                                                                                                                                                                                                      |
| pH of water extract                                                | EN ISO 3071                                                | 4-7,5                                                                                                                                                                                                                                        |
| Colour fastness                                                    |                                                            |                                                                                                                                                                                                                                              |
| Colour fastness to artificial light:<br>Xenon arc fading lamp test | EN ISO 105 B02                                             | Grade 3                                                                                                                                                                                                                                      |
| Color fastness to washing                                          | EN ISO 105 C06                                             | Color change: 4-5<br>Color staining: 4                                                                                                                                                                                                       |
| Acid and alkaline perspiration                                     | EN ISO 105 E04                                             | Color change: 4-5<br>Color staining: 5                                                                                                                                                                                                       |
| Dry and wet rubbing                                                | EN ISO 105 X12                                             | Dry: 4<br>Wet: 3                                                                                                                                                                                                                             |

## Environmental performance

**High vis Green sweatshirt jacket class 3 7863 GPSW.** Functional unit: one use of one men's sweatshirt, size L.

### Potential environmental impact

| Parameter                                       |                          | Unit                   | Upstream      | CORE           | Downstream     | Total         |
|-------------------------------------------------|--------------------------|------------------------|---------------|----------------|----------------|---------------|
| Global warming potential (GWP)                  | Fossil                   | kg CO <sub>2</sub> eq. | 0,0198        | 0,0251         | 0,0102         | 0,0551        |
|                                                 | Biogenic                 | kg CO <sub>2</sub> eq. | 0,00127       | 0,000655       | 0,00377        | 0,00569       |
|                                                 | Land use and land change | kg CO <sub>2</sub> eq. | 0,0000327     | 0,00000743     | 0,000600       | 0,000640      |
|                                                 | Total                    | kg CO <sub>2</sub> eq. | 0,0211        | 0,0258         | 0,0145         | 0,0614        |
| Global warming potential – GWP-GHG              |                          | kg CO <sub>2</sub> eq. | 0,0211        | 0,0251         | 0,0133         | 0,0596        |
| Acidification potential                         |                          | mol H+ eq.             | 0,0000939     | 0,000124       | 0,0000702      | 0,000289      |
| Eutrophication - Fresh water                    |                          | kg P eq                | 0,00000543    | 0,00000340     | 0,00000446     | 0,0000133     |
| Eutrophication - Marine                         |                          | kg N eq                | 0,0000239     | 0,0000322      | 0,0000399      | 0,0000960     |
| Eutrophication - Terrestrial                    |                          | mol N eq.              | 0,000218      | 0,000343       | 0,000201       | 0,000762      |
| Photochemical oxidant formation potential       |                          | kg NMVOC eq            | 0,000105      | 0,000113       | 0,0000482      | 0,000266      |
| Abiotic depletion potential – Fossil resources  |                          | MJ                     | 0,274         | 0,331          | 0,126          | 0,732         |
| Abiotic depletion potential – minerals & metals |                          | kg Sb eq.              | 0,0000000807  | 0,0000000220   | 0,000000134    | 0,000000237   |
| Water deprivation potential                     |                          | m³ depriv.             | 0,00456       | 0,0103         | 0,00953        | 0,0244        |
| Ozone depletion potential                       |                          | kg CFC 11 eq.          | 0,00000000654 | 0,000000000446 | 0,000000000282 | 0,00000000726 |

### Use of resources

| Parameter                                |                       | Unit                    | Upstream | CORE     | Downstream | Total   |
|------------------------------------------|-----------------------|-------------------------|----------|----------|------------|---------|
| Primary energy resources – Renewable     | Use as energy carrier | MJ, net calorific value | 0,0260   | 0,00658  | 0,0893     | 0,122   |
|                                          | Used as raw materials | MJ, net calorific value | 0,00332  | 0,000309 | 0          | 0,00363 |
|                                          | Total                 | MJ, net calorific value | 0,0294   | 0,00689  | 0,0893     | 0,126   |
| Primary energy resources – Non-renewable | Use as energy carrier | MJ, net calorific value | 0,294    | 0,358    | 0,136      | 0,788   |
|                                          | Used as raw materials | MJ, net calorific value | 0,0263   | 0        | 0          | 0,0263  |
|                                          | Total                 | MJ, net calorific value | 0,320    | 0,358    | 0,136      | 0,815   |
| Secondary material                       |                       | kg                      | 0,00493  | 0        | 0          | 0,00493 |
| Renewable secondary fuels                |                       | MJ, net calorific value | 0        | 0        | 0          | 0       |
| Non-renewable secondary fuels            |                       | MJ, net calorific value | 0        | 0        | 0          | 0       |
| Net use of fresh water                   |                       | m³                      | 0,000107 | 0,000374 | 0,000741   | 0,00122 |

## Waste production and output flows

### Waste production

| Parameter                    | Unit | Upstream | CORE | Downstream | Total |
|------------------------------|------|----------|------|------------|-------|
| Hazardous waste disposed     | kg   | 0        | 0    | 0          | 0     |
| Non-hazardous waste disposed | kg   | 0        | 0    | 0          | 0     |
| Radioactive waste disposed   | kg   | 0        | 0    | 0          | 0     |

## Programme information

The EPD owner has the sole ownership, liability, and responsibility for the EPD. EPDs within the same product category but from different programmes may not be comparable.

EPDs within the same product category but from different programmes may not be comparable. For two EPDs to be comparable, they must be based on the same PCR (including the same version number) or be based on fully aligned PCRs or versions of PCRs; cover products with identical functions, technical performances and use (e.g. identical functional units); have equivalent system boundaries and descriptions of data; apply equivalent data quality requirements, methods of data collection, and allocation methods; apply identical cut-off rules and impact assessment methods (including the same version of characterisation factors); have equivalent content declarations; and be valid at the time of comparison.

|                               |                                                                                                                                                           |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Programme:                    | The International EPD® System<br><br>EPD International AB<br>Box 210 60<br>SE-100 31 Stockholm<br>Sweden<br><br>www.environdec.com<br>info@environdec.com |
| Product Category Rules:       | PCR 2024:03 Apparel, except fur and leather apparel. Version 1.0.0                                                                                        |
| Product group classification: | UN CPC 282                                                                                                                                                |
| Reference year for data:      | 2023-2024                                                                                                                                                 |
| Geographical scope:           | Global                                                                                                                                                    |

|                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Product category rules (PCR):<br>PCR 2024:03 Apparel, except fur and leather apparel, Version 1.0.0, UN CPC 282.                                                                                                                                                                                                                                                              |
| PCR review was conducted by:<br>The Technical Committee of the International EPD® System. A full list of members available on <a href="http://www.environdec.com">www.environdec.com</a> . The review panel may be contacted via <a href="mailto:info@environdec.com">info@environdec.com</a> .<br>Chair of the PCR review:<br>Hüdai Kara, Metsims Sustainability Consulting. |
| Independent third-party verification of the declaration and data, according to ISO 14025:2006:<br><br><input type="checkbox"/> EPD process certification <input checked="" type="checkbox"/> EPD verification                                                                                                                                                                 |
| Third party verifier:<br><br>Daniel Böckin, Miljögiraff AB,<br>( <a href="mailto:daniel@miljogiraff.se">daniel@miljogiraff.se</a> )<br><br><br>Approved by: The International EPD® System                                                                                                                                                                                     |
| Procedure for follow-up of data during EPD validity involves third party verifier:<br><br><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No                                                                                                                                                                                                                 |

## References

Anonymous. (2024a). *Facility J for spinning, knitting, dyeing, and finishing*.  
Anonymous. (2024b). *Facility S for cut and sew*.  
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PRé Consultants. (2024). *SimaPro 9.6.0.1. Retrieved from http://www.pre-sustainability.com/simapro*.  
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Quantis. (2024). *Draft Product Environmental Footprint - Representative Product (PEF-RP) study report- Apparel and Footwear. Version 2.0*

## Contact information

| Parameter           | Unit                                                                                                                                                                                                                                                     |
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