

What Are You Going To Wear

You may spend 15 minutes deciding what you're going to wear for a night on the town. But for a day on the job, safety dictates your wardrobe.

Wearing the proper clothing and personal protective equipment in the working environment is critical. Appropriate clothing is your first and often only line of defense against many safety and health hazards.

Proper clothing is key

Simple as it may sound, you must dress for the occasion. Wearing stylish clothing can create a bigger hazard and may not provide protection from hazards while you work.

It is not uncommon to hear about a tragedy involving a worker wearing loose clothing and being drawn into a machine. Machines are powerful and unforgiving. Loose clothing is never appropriate in an industrial workplace.

Protect your feet

For most industries, standard footwear should be sturdy leather footwear, preferably boots equipped with safety toes. Steel toes with a rating of (C75) are recommended.

Hand protection

Gloves are inexpensive protection that guard against many hazards. They can protect hands from exposures ranging from chemical spills and cuts to heat and cold. Hand protection comes in a huge assortment of styles, materials and sizes. It is important to select the proper kind and style of glove to effectively protect hands from the hazards that may be encountered. How often has a worker cleaned parts or washed the grease from his hands with gasoline or a solvent? Don't take the unnecessary risk; select and use proper hand protection.

Jewelry in the workplace can also be a hazard. Rings, bracelets and chains can be the cause of severe hand injuries. Use common sense and keep your jewelry at home.

Head and eye protection

Hardhats and safety glasses must be worn at the worksite. A hardhat can save your life, and safety glasses are a sure way to help protect your eyesight.

Proper hearing protection

When it comes to protecting your hearing, there are no ifs, ands or buts. Earplugs or earmuffs may not appeal to your fashionable tastes, but you'll thank yourself later when you can actually hear a conversation at the dinner table.

Again, wearing the right kind of clothing is your first line of defense against workplace hazards. Carefully choose the personal protective equipment that will best protect you on the job. Remember, improper clothing or PPE is an invitation for an accident to occur.

QUIZ

1. Wearing appropriate clothing is often your first line of defense against workplace hazards.
 - True
 - False
2. Stylish clothing can create a bigger hazard while you work.
 - True
 - False
3. Loose clothing and jewelry in an industrial workplace rarely lead to injuries.
 - True
 - False
4. Solvents are recommended for washing tough grease off your hands.
 - True
 - False
5. Improper clothing or PPE is an invitation for accidents to occur.
 - True
 - False

BEFORE THE TALK - TIPS

- Do a quick inventory of the PPE you have at your workplace and bring some samples to the meeting.
- Check the company's injury log for reports of injuries caused by workers not wearing appropriate PPE.
- Survey your work area for points where clothing could become entangled in machinery. Have these hazards corrected and discuss them with your crew?
- Find a real-life fatality report, for example: A service rig worker died when the leg straps of his fall protection harness became entangled between the moving drill line and hoisting drum of the draw works.
- Review company regulations regarding safety footwear and determine if your workers are in compliance.
- Do the same for head, eye and ear protection.
- List any points you want to cover at this safety meeting:

AFTER THE TALK- CHECKLIST

PROVIDED FOLLOW-UP TO WORKERS THAT DID

POORLY ON THE QUIZ

NAME: _____

DATE:

OBSERVED WORKERS

TASK(S):

DATE:

REFRESHER TRAINING

TOPIC(S): _____

DATE:

OTHER (DESCRIBE):

MEETING DATE: _____

LOCATION: _____

NOTES

ANSWERS:

1. True	4. False
2. True	5. True
3. False	

ATTENDANCE

INSTRUCTOR: _____ **DATE:** _____

SAFETY TALK: _____