



Company Name: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

## **Topic 623: Protective Clothing at the Jobsite**

**Introduction:** All personal protective clothing should be safe and maintained in a clean and reliable fashion. Clothing that is comfortable and fits to the body will encourage workers to have confidence in themselves while on the job. When several different types of clothing are worn together, make sure they are compatible. When clothing does not fit properly, it can make the difference between being safely covered or dangerously exposed. OSHA requires that many categories of clothing meet, or be equivalent to, standards developed by the American National Standards Institute (ANSI).

- **Make sure** all appropriate head, body, and hand protection is worn to protect from exposures to hazards such as spills, splashes, sprays, dust, dirt, punctures, falling objects, electricity, lacerations, abrasives, and temperature extremes from work or weather conditions.
- **Supervisors** will regularly monitor employees for correct use and care of protective clothing, and provide follow-up inspections when required to ensure each employee has the adequate knowledge and ability to use the proper clothing. Employers may mandate what can and cannot be worn.

**Body Protection:** Always wear a comfortable cotton shirt and long pants for general construction. Clothing may include:

- |                  |   |            |   |                   |   |                |   |
|------------------|---|------------|---|-------------------|---|----------------|---|
| ■ Aprons         |  | ■ Jackets  |  | ■ Rainwear        |  | ■ Disposable   |  |
| ■ Chemical suits |   | ■ Leathers |   | ■ Coveralls       |   | ■ Beard covers |   |
| ■ Vests          |   | ■ Ponchos  |   | ■ Full-body suits |   | ■ Bandanas     |   |

- **Make sure** you ask your employer before taking off your shirt during hot weather. Sunburned skin can cause delays and downtime at the jobsite.
- **Always** ask your employer before attempting to wear shorts on the job. Maintain a professional appearance while working.
- **Precautions** are required to be taken with regard to synthetic clothing when working conditions could ignite the clothing.
- **Makes sure** you wear at least three layers of clothing during cold and wet weather. Wear an outer layer to break the wind and allow some ventilation; a middle layer of wool, down, or synthetic pile to absorb sweat and retain insulating properties when wet; and an inner layer of cotton or synthetic weave to allow ventilation and escape of perspiration.
- **Always** layer clothing to create air pockets that help retain body heat. Layering makes adapting to changes in weather and the level of physical exertion easier. Keep a dry change of clothing available when work garments become wet.
- **Avoid** wearing dirty or greasy clothing because such garments have poor insulating properties.
- **Do not** wear loose clothing, neckwear encircling the neck, or exposed jewelry, such as rings and necklaces, when handling material that could catch on clothing or jewelry and cause injury. Do not wear a ring on the finger unless covered by a glove or tape.
- **Always** pay special attention to protecting feet, hands, head, and face in cold wet weather. Keep the head covered (much of our body heat is lost when the head is exposed). Fingers and hands lose their dexterity at temperatures below 59°F. Use insulated gloves to protect fingers from the cold.



**Head Protection:** Employees must wear protective helmets (hard hats) when working in areas where there is a potential for injury to the head from employee initiated impact, or impact from falling, or other moving objects. Protective helmets designed to reduce electrical shock hazards will be worn by each employee when near exposed electrical conductors which could contact the head. Helmets will comply with ANSI.

- **Make sure** the back of the neck and the ears are protected from damaging sun rays.

**Hand protection:** Employees must use appropriate hand protection when their hands are exposed to hazards such as those from skin absorption of harmful substances, severe cuts, lacerations, severe abrasions, punctures, chemical burns, and harmful temperatures. Always wear hand protection of a type suitable for the work being performed. Wearing properly sized gloves is as important as the glove you choose. Inspect your gloves daily prior to wearing. Store all gloves in well-ventilated areas. Select the proper cuffs (safety, gauntlet, or band) for the job.

- |                      |   |                  |   |                  |   |                 |
|----------------------|---|------------------|---|------------------|---|-----------------|
| ■ Heavy-duty leather |  | ■ Nitrile coated |  | ■ Latex          |  | ■ Non-slip grip |
| ■ Rubber             |   | ■ Heat-resistant |   | ■ Latex free     |   | ■ Insulated     |
| ■ Metal mesh         |   | ■ Cloth          |   | ■ Anti-vibration |   | ■ Waterproof    |

**Foot Protection:** Employees must wear protective footwear when working in areas where there is a danger of foot injuries due to falling or rolling objects, or from an object piercing the sole, and where employees' feet are exposed to electrical hazards.

- **Wear** leather boots with non-slip soles, waterproof boots, metatarsal guard boots, or safety shoes when selecting safe footwear.
- **Wear** foot gear that protects against cold and dampness. Footgear should be insulated and fit comfortably when socks are layered.



**Conclusion:** Always remember to wear the proper protective clothing when working outside and when working indoors. Employers may have specific requirements that need to be addressed during the safety meeting. Utilize these safety guidelines for wearing safe protective clothing.

### **Work Site Review**

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

**Employee Signatures:**

*(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)*

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**Foreman/Supervisor's Signature:** \_\_\_\_\_

*These guidelines do not supersede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*