



H&S#: 13

PPE Dress for Safety

Instructor Tips

- **As an exercise, inspect your workers' clothing. Point out correct and incorrect attire and/or pieces of apparel.**
- **Use a piece of cloth to demonstrate how easily clothing can become tangled in machines or power tools.**

Safety Points

- It is important to dress in clothes that are appropriate for the job. Your work clothes should be sturdy, durable, and capable of withstanding heavy wear and tear.
- The key is to wear clothes that you can work in comfortably, but that will also protect you. You need clothes that will keep you:
 - warm in the winter, such as wool;
 - cool in the summer, such as cotton; and
 - dry in wet and inclement weather, such as Gore-tex®.
- Injuries from clothing caught in rotating fans and shafts, belts, or other moving parts can be very serious. Always wear clothing that is fairly snug against your body. Avoid wearing baggy or loose-fitting clothing on the job.
- Wear clothing that will easily tear away from your body if it gets tangled up in power equipment or tools.
- Do not wear jewelry to work. Rings, bracelets, necklaces, watches, and dangling earrings can get caught in moving machine parts.
- If you have long hair, wear it pulled back or tuck it up inside of a hat.
- Wear the right shoes for the job. A sturdy pair of leather boots with a steel toe will last a long time, provide your feet with good support, and protect your toes from breaking if something is accidentally dropped on your foot.
- Do not wear sneakers or any other type of soft-soled shoe on the job site. Nails and other pieces of sharp metal can poke right through these types of shoes causing injury to your feet.

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