

Protective Clothing On the Job

Handout

Choose the right clothing to protect yourself.

- Long-sleeved shirts can protect you from insects and sunburn.
- Pants should not have cuffs or be rolled up.
- Shoes with nonskid soles can save you from falls on wet surfaces.
- Avoid loose clothing or jewelry that could get caught in machinery.
- Jewelry could also act as a conductor of electricity.

Some on-the-job hazards are physical hazards.

- Fire-resistant fabrics or leather will protect against fire and heat.
- Heavy cotton clothing will provide protection against abrasions, splinters, or cuts.
- Insulated clothing will offer protection against cold.
- Safety footwear should be sturdy, with thick soles and impact-resistant toes.
- Safety helmets or hard hats are necessary to provide protection from falling objects—some are specially designed to protect against electricity as well.

There are also health hazards from exposure to toxic or corrosive chemicals.

**Always
remove chemical-protective clothing carefully to avoid contaminating
yourself.**

- Remove contaminated clothing only in the designated changing area.
- Don't touch any part of the contaminated clothing without gloves.
- Remove clothing from the top down so contaminants from the jacket or apron don't touch your uncovered legs.
- Always wear gloves as you unfasten zippers, snaps, etc.
- Place contaminated clothing in proper containers for cleaning or disposal.



Before you wear any protective clothing:

- Inspect it for cuts, tears, punctures, stiffness, and discoloration.
- Make sure it fits properly. It should be comfortable and not so loose or tight that it is difficult to do your job properly.
- Make sure all snaps, zippers, etc., are fastened securely.

ALWAYS WEAR REQUIRED PROTECTIVE CLOTHING.