

SAFETY MANAGEMENT SERVICES

CONSTRUCTION SAFETY BREAKS

NAME: _____

DATE: _____

LOCATION: _____

YOUR SAFETY CONCERNS: _____

DISCUSSION LEADER: _____

Today's Topic: Dress for the Job

Our clothes and footwear are our first line of defense when it comes to protecting our bodies. Each day, we wear our work clothes for 8-10 hours and sometimes even longer. There is nothing worse than working in uncomfortable clothing and/or poor-fitting footwear. Although your work clothes are very important to your safety and health, your comfort is also a consideration. You need to have clothes that are right for the job.

Discussion: What is the proper clothing for your job?

The Risks: Frostbite and Hypothermia

The risks of not having the proper clothing for the job range from mild discomfort to much more serious problems, such as frostbite and hypothermia during the winter months. Improperly-fitted footwear is not only uncomfortable but can lead to long-term problems if you're on your feet all day.

Solution: Know the Conditions

Work clothes must be sturdy, durable, and capable of standing up to heavy wear and tear. You need clothes that will keep you warm in the winter, cool in the summer, and dry in wet/inclement weather. We all know that it's easier to take off a layer of clothing than not have enough on in cold weather. Wool works best in the cold, while cotton is superior during the warm months. In other words, wear clothes that you can work in comfortably and that are designed for the kind of work you do and the weather in which you must do it.

Proper footwear is another important part of construction attire. Wear the correct shoe or boot for the job. A sturdy leather boot will last a long time and also provide your feet with good support throughout the shift. Since you are on your feet most of the time, make sure the shoe or boot fits correctly. Tennis shoes have no place on a construction site; one reason is that protruding nails and tennis shoe soles don't mix!

If you wear jewelry, watches, or rings, remember that they can be very dangerous around machinery and electricity. Take them off and put them in your pocket. Or, better yet, just leave them at home! Many construction workers have lost a finger or two from wearing rings on the job. Use common sense and dress for the job you perform. Leave jewelry at home and wear appropriate clothing and sturdy footwear, and your work day will be safer and more comfortable.

Know the weather conditions before heading to the jobsite – and dress appropriately!

What is appropriate footwear for the jobsite?

What material is best in hot weather?
