

Construction Clothing

The proper work clothing can make a job a lot easier. Most workers never really think much about what they are wearing, but they should. It is very important to dress for the weather since most of the work is done outside or in areas without any climate control.

Guide for Discussion: The following items should help each worker how to dress properly:

Weather

- Know the day's forecast.
- Be prepared to add or subtract clothing.
- Never work without your shirt in summer.
- If you begin to overheat, don't take off more clothes. Instead, slow down your working pace.
- In winter, try to avoid getting wet by wearing the proper clothing.

Proper Clothing – Head to Toe

- A hard hat when required; soft cap during winter months.
- Eye protection of either safety glasses or safety goggles (or safety shield).
- Long or short sleeved shirt depending on the weather.
- Long pants always – wearing short pants can be dangerous if you are light skinned.
- Thick socks.
- Safety shoes.
- Work gloves.

Watch for the Following

- Dirty clothes – keep your clothes clean and free of grime and bacteria.
- Keep oil and chemicals off of your clothes—don't be a human torch.
- Don't wear pants with cuffs on them.
- Missing buttons, rips and tears can increase the chances of cuts, bruises and other injuries.
- Loose garments tend to get caught easily.
- Belts, ties and other accessories.

Additional Discussion Notes:

Discuss your company policy on wearing hard hats, eye protection, shirts/long pants. Remember: Since we generally must work in our clothes all day, every day, it makes good sense to wear the proper type of clothing to keep us as comfortable as possible.

Attendees:

NOTE: Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don't hesitate to contact your Employer.