

TOOLBOXTOPICS.COM

Company Name _____ Job Name _____ Date _____

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 eight, ten and sometimes even more hours, and 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. They must be sturdy and durable, and capable of standing up to heavy wear and tear. You need clothes that will keep you warm in winter and cool in the summer, and that will keep you dry in wet and 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 right shoe or boot for the job. A good 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 just 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 a construction worker has lost a finger or two from wearing rings on the job. Use common sense and dress for the job you do -- leave jewelry at home, wear appropriate clothing and sturdy footwear, and your workday will be a safer and more comfortable one.

SET A GOOD EXAMPLE FOR OTHERS AND TREAT SAFETY AS ONE OF YOUR MOST IMPORTANT JOB RESPONSIBILITIES.

Safety Recommendations: _____

Job Specific Topics: _____

M.S.D.S Reviewed: _____

Attended By:
