

:: Safe & Proper Work Clothing ::

Wearing the proper clothes to work can help prevent some injuries. Since various jobs require different protective clothing, ensuring that you are wearing clothing that is appropriate for the tasks you are performing will go a long way in keeping you safe at work.

Protecting the body with the proper clothing can help prevent injuries or lessen any that occur. When selecting clothing to wear to work, wear nothing that dangles, is not tucked in or is tattered. These types of clothes can get caught and possibly draw you into a machine or device. Wearing long sleeves will provide an extra barrier for the skin, and wearing long pants will provide extra protection for your legs.

Keep jewelry to a minimum. Rings can get caught on machine parts or other mechanisms/devices and can injure your fingers or hand. Jewelry that dangles or hangs down can also get caught in machinery or on objects, thereby causing an injury. Pull back long hair so it does not interfere with your work or get caught in any machinery you may be using.

Poorly-fitting or improper footwear can cause slips, trips or falls. Work shoes should not have smooth soles and should have some type of "non-slip" or "grip" sole for your safety. You may be required to wear safety shoes if you are working in an area or completing a task that has been determined to be "foot hazardous."

When purchasing footwear for work, know the jobs it will be worn for. There are many different kinds of footwear on the market for specific jobs. When trying on footwear, wear socks that would normally be worn while working. This will ensure a proper fit. Footwear that fits properly and is appropriate for the job is the first step in foot safety.

Different footwear have different features. Steel-reinforced safety shoes protect your feet from common machinery hazards, such as falling or rolling objects, cuts and punctures. The entire toe box and insole are steel-reinforced, and steel, aluminum or plastic materials protect the instep. These shoes also insulate against temperature extremes and may be equipped with special soles to guard against slips, chemicals and electrical hazards. Different soles offer protection from things such as slipping and puncture.

Inspect footwear regularly. When your shoes wear out, dispose of them and purchase new ones. Make sure your shoe laces are not fraying and therefore cannot get caught in equipment. Replace laces that are worn out or too long. Shoes with "open toes," such as sandals, are not recommended for working in a shop, warehouse area or on most job sites due to the many hazards that can cause an injury to exposed toes/feet.

With a little common sense and forethought, the proper clothing for work can be chosen very easily. Remember that, in many instances, the clothing you wear can provide an extra level of protection both on and off the job.