Dress for the Job
PPE Checklist

What you wear on the job and how you care for it is just as important as knowing how to do the job. Your personal protective equipment (PPE) can save you from injury and even save your life. Follow these guidelines for using PPE:

- ☑ Wear your personal protective equipment properly. Ask your supervisor if you're not sure how to use any item.
- ☑ Always check with your facility's rules for any PPE guidelines.
- ☑ Use equipment that fits you properly.
- ☑ Keep your equipment clean.
- ☑ Decontaminate your equipment when necessary.
- ☑ Follow guidelines for removing contaminated PPE.
- ☑ Check your gear for leaks, tears, cracks and other signs of wear before use.
- ☑ If your equipment is defective, repair or replace it before use.
- ☑ Report any health problems while using your protective equipment.
- ☑ Never wear street-wear eyeglasses in place of certified ANSI Z87 safety glasses.
- ☑ Never store your hard hat in a car, window or other hot place. The sun and heat can reduce its effectiveness.
- ☑ Avoid wearing jewelry or long, full or loose clothing with flaps that can catch in machinery.
- ☑ Avoid wearing fuzzy or flammable synthetic clothing around flames or sparks.
- ☑ Avoid wearing slick-soled shoes, loose or frayed shoelaces or long hems that can make you slip or trip.
- ☑ Wear clean clothing. Oily and greasy clothes catch fire more easily and dust and grease can irritate your skin.
- ☑ Dress for the weather. Wear wool, tightly woven, insulated or layered waterproof clothing for cold and wet weather. In hot weather, wear sunscreen, a hat and lightweight, breathable cotton clothing that protects your skin from sunlight.