

# Toolbox Talk

Be Safe. Your Family and Friends Want You Healthy and in Their Lives.

## Personal Protective Equipment

Falling objects, flying debris, noise, slippery floors and chemicals may present themselves daily on a construction site. Wearing the required and proper Personal Protective Equipment is one of the best ways to protect your own health and safety. However, choosing not to wear it may be the biggest hazard of all.

**Eye and Face Protection** - Safety glasses with side protection can be worn to provide eye protection from flying chips, debris and other eye hazards. Goggles can protect eyes from chemical splashes and face shields are a safeguard when worn over other protective eyewear, such as safety glasses and goggles. Eye and face protection should be selected based on the type of work and anticipated hazards.

**Hand Protection** – Work gloves should be appropriate for the task at hand. For example, if you will be working with material that can cause a cut-related injury to a hand or arm, cut resistant gloves and sleeves can be worn. There are insulated gloves to protect from extreme heat or cold and polymer gloves to protect from chemicals.

**Head Protection** - Hard hats are a PPE staple and can protect heads from bumps from fixed or falling objects. It is important to wear hard hats as they were intended to be worn. Do not make modifications or wear them backwards. They should be routinely inspected for dents, cracks or deterioration and replaced as needed.

**Foot Protection** – Puncture and slip-resistant boots, with a safety-toe can be worn to provide additional protection from such construction site hazards as nails, spills and falling objects. It is important to keep footwear in good condition and to always clean grease and debris off boots as they may create an unintentional hazard.

**Hearing Protection** - Earplugs or earmuffs are an important way to help lessen exposure to high noise levels produced by equipment and tools commonly found on construction sites. Clean or replace earplugs regularly. Earmuffs should fit snugly but comfortably. Never insert dirty ear plugs or use dirty hands when putting the plugs in your ears.

*The safety information provided in this Toolbox Talk is for informational purposes and should not be considered a complete resource on this topic, nor does it supersede any applicable local, state or federal statutes or regulations. The material contained has been compiled from sources believed to be accurate. Tradesmen International assumes no responsibility for the accuracy of this information and encourages expert consultation on this topic for more information.*

Employee Name: \_\_\_\_\_

Location: \_\_\_\_\_

Employee Signature: \_\_\_\_\_

Date: \_\_\_\_\_



Provided courtesy of:

