

Dressing Safely for Work

(Source - Work Safe British Columbia)

It takes a lifetime to make a safe worker, but it takes only a second to destroy it all with one accident. Take the time to work safely and to help your fellow workers to be safe. Dressing safely and appropriately for your job will reduce your risk of injury:

- ☐ Wear close fitting clothing. Loose baggy clothing can easily catch in moving parts and machinery.
- ☐ Tuck your shirt into your pants.
- ☐ Button up the cuff buttons on long sleeved shirts.
- ☐ Do not wear gloves when working near rotating shafts or other moving machinery parts.
- ☐ Seek approval from your supervisor if you must wear gloves for health and safety reasons.
- ☐ Tie back long hair or wear appropriate hair protection to prevent hair from getting caught in moving parts of equipment.
- ☐ Keep facial hair short so it won't be caught by moving machinery parts.
- ☐ Do not wear jewelry at work.
- ☐ If you wear a medical alert bracelet, secure it snugly to your skin with transparent surgical or adhesive tape.
- ☐ Always use the appropriate safeguards. *Any machine part, function, or process that may cause injury must be safeguarded.*

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