



## **From “Head” to “Toe”**



**Greater Houston  
Chapter**

*From head to toe (from your hat to your shoes) you need to protect your head (with a hard hat)...protect you eyes (with safety goggles)...protect your hearing (with earplugs/ muffs)...protect your body (with special protective clothing)... protect your feet/toes (with heavy duty work boots).*

### **Hard Hats Make Sense**

- **What does OSHA say about Hard Hats?** It says you need to wear head protection to “protect you from falling and flying objects.”
- **That’s clear enough, isn’t it?** So what’s so special about a hard hat? It keeps you from getting holes in your head, or concussions from being hit by a large wrench falling from above, and all kinds of hazards out there on the site.
- **Wear your hard hat** every moment on the jobsite, keep it on your head at all times, and be sure it is in good condition. It’s an honor to be a member of the construction fraternity. A **Hard Hat** is a badge of honor...wear it proudly.

### **Ears to Hear With**

- **Unfortunately, many construction workers** have hearing impairments because they were too stubborn to ask for a pair of ear plugs, or ear muffs, when they were working around generators, heavy construction equipment, air compressors, and moving vehicles, for years and years, never realizing that the noise these things were generating were damaging their hearing.
- **OSHA says** that if there is more than 90 decibels near you on your worksite, you need hearing protection (ear plugs) to protect your hearing.
- **Did you know that** an idling truck produces about 110 decibels? Or a generator, from a distance of ten to fifteen feet, produces as much as 120 decibels? Or that jack-hammer you used last week to break up a piece of concrete produces nearly 136 decibels?
- **When the noise increases** beyond that magic OSHA number of 90 decibels, get those ear plugs in your ears and keep them in.
- **Your hearing, like your eyesight,** is precious. But once either one is damaged or impaired, it’s for life.

### **Your Precious Eyes**

- **God gave** each of us two eyes, which we use to gaze upon the countless beauties of nature, sunsets, brilliantly red roses, sparkling gems, and newborn babies.

- **But in a careless instant**, we can lose our sight, and never again be able to witness these scenes.
- **On your jobsites**, if you're engaged in any type of activity that causes little bits of wood, metal, glass, plastic and a broad cross-section of other flying objects to go flying through the air, the only safeguard you have are wrap-around safety glasses.
- **What about the eye hazards** that occur as the result of sanding, grinding, sawing, drilling, hoe-ramming, powder-actuated tools, chipping, drywall sanding, clearing and grubbing, and demolition?
- **Put on those safety glasses** (wrap-around safety glasses, please) when you walk on the jobsite tomorrow morning.

## **Protective Clothing**

- **Proper clothing** is important to prevent accidents. Workers should not wear loose, floppy clothing, ragged gloves, or worn-out shoes. Site clearing clothing should include high top leather shoes (with composition soles and heels), a long-sleeved sweatshirt or close-fitting jacket, a cap (hard hat), and soft leather gauntlet gloves.
- **For short term trimming** and grubbing operations, workers may wear rubber boots in place of composition soled shoes. If overalls or regular work trousers are worn, the cuffs should be wrapped and tied around the ankles to prevent branches from catching workers' legs. Long-sleeved shirts or jumper coats should be worn for arm protection.

## **Heavy-Duty Work Boots**

- **There's a million hazards** on almost all jobsites that can injure your feet. You don't have to drop a hundred-pound piece of steel on your toe to break it. You can break your toe just by stumbling over a small piece of rebar that is jutting out from a concrete footer.
- **But**, if you're wearing **heavy-duty work boots**, you'll come out of these scrapes with nothing more than a brief twinge.
- **There is no substitute** for these heavy-duty boots, and they provide all workers with extra protection against broken toes, contusions, sprains and a multitude of potential foot injuries.
- **Steel-toed, heavy-duty** work boots, that come up over the ankles, and are fully laced at all times, are perhaps the single most valuable piece of personal protective equipment that you'll put on every day of your life.

*This Safety Talk deals with hard hats, safety goggles, ear muffs/plugs, protective work clothing, and heavy duty work boots. That's the "Uniform of the Day" in the construction industry. Look smart, soldier!!!*