



# Toolbox Talk

## Proper Clothing for Construction

Greater Houston  
Chapter

Company Name \_\_\_\_\_

Speaker Name/Job Title \_\_\_\_\_ Date \_\_\_\_\_

There's one industry where today's fashions just don't make it. That's construction. Fancy duds are likely to get caught or snagged and cause you to fall or to get hurt in some other way. Your clothing should not only be appropriate, but rugged enough to stand up to the extended use it'll get.

### **Clothing Tip #1) KEEP YOUR SHIRT ON**

- Always wear a heavy duty shirt, preferably long sleeved with the cuffs buttoned at the wrist.
- Don't wear it loose or baggy. Keep it tucked in to avoid snagging.
- Your shirt will protect you from sunburn, so keep it on even when the weather is hot. It also will protect you from scrapes and from skin-irritating materials, such as concrete water and poison ivy.
- Don't wear anything around your neck that can dangle and get caught in machinery.

### **Clothing Tip #2) NO BAGGY PANTS**

- Wear straight-line pants of proper length without pocket flaps or cuffs. They should not be baggy or so long that your heels get caught in them.
- You probably can't keep your pants up without a belt. If your belt is too long, cut off the extra length or run it through additional belt loops. In this way it won't get caught and pull you into machinery.

### **Clothing Tip #3) LEAVE JEWELRY HOME**

- One of the most common causes of amputated fingers is jewelry, such as rings, wrist watches and bracelets.
- The jewelry may look nice, but if it gets caught in machinery, you're in for a painful experience.

### **Clothing Tip #4) PUT YOUR BEST FOOT FORWARD**

- Different jobs call for different kinds of foot-wear, but, generally, properly fitted, high top safety boots should be worn.

- High top safety boots give you more support than other boots and more protection in case you drop something on your foot (Where steel-tip footwear should always be required).
- Wear rubber boots when working in wet material, especially if it's deep. Spreading concrete is a good example.

**Clothing Tip #5) WINTER WEAR**

- During cold weather, two light, woolen shirts are better than one heavy one for warmth.
- Gloves and hard hat liners are also advisable in cold weather.
- Insulated jeans are always an option as well. They can be found at places like Academy and Wal-Mart.

**Further Safety Recommendations by Meeting Attendees**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Meeting Attended By:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_