

# CLOTHING SAFETY

An important, but often overlooked aspect of safety, is what we wear on the job. Safety rules, weather, type of work, hazards and many other factors weigh in on the optimal type of clothing that is ideal for the assigned work task(s).

**It is vital to consider how clothing can impact safety at work.**

- WEATHER AND CHOICE OF CLOTHING
- OTHER IMPORTANT CLOTHING CONSIDERATIONS



**BC Forest Safety**

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# CLOTHING SAFETY



## 1. WEATHER AND CHOICE OF CLOTHING

2. Outside of safety rules and regulations, weather conditions are the main deciding factor of the type of clothing you need to wear. The area of the job site is also a consideration to factor into your clothing choice for the work day. Breathable, thin layers are a better choice for warmer temperatures. In colder temperatures, warm, thicker layers should be worn. In many climates, it may be necessary to wear layered, warmer clothing in the morning and fewer layers in the afternoon.
3. It is important to plan what you are going to wear after weather considerations are accounted for and after calculating how long you will be exposed to it depending on the work you are completing that day. Choose well-fitting attire that will keep you comfortable as well as protect you from the elements to allow you to fully focus on a work task. Being unprepared for the weather or other elements by wearing the wrong clothes can take your focus off your work especially when you are cold, hot or wet.

## 4. OTHER IMPORTANT CLOTHING CONSIDERATIONS

5. Make sure clothing fits properly. Loose clothing can be hazardous and interfere with your ability to work safely. It can get caught in rotating equipment or other objects.
6. Do not wear clothing with big tears or holes as these can also interfere with working safely. There have been incidents where holes or tears in clothing have caught on equipment controls and caused unintended movements which lead to injuries and property damage.
7. Bring extra clothing to work. With extra clothes on hand, you are able to change if an incident occurs such as a chemical splash on your clothing or they become wet. Whatever problem may occur, it is important to have the option to change. Being comfortable allows you to focus on your work.
8. Strings on hooded sweatshirts can easily get caught in rotating parts when working around rotating equipment or other types of equipment. It is best to avoid wearing hooded sweatshirts with strings altogether.
9. Wear clothing that covers the skin when working in areas where insects, such as ticks or horse flies, or exposure to poisonous plants, such as poison ivy or stinging nettles, are a possibility. Covering your skin is the best way to protect yourself from these types of hazards.

### **REMEMBER:**

1. Pay attention to the clothing you choose to wear to work.
2. Plan for weather or whatever the environment is if working indoors.
3. Choose comfortable clothing that will protect you.
4. Proper clothing will allow you to focus on your work.



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