

## Basic personal protective equipment and clothing

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All workers must equip themselves with suitable clothing, shirts, and long pants for protection against both the weather and workplace hazards. Unless otherwise agreed upon, workers are also responsible for providing their own work gloves, safety headgear, and safety footwear. However, if a product requires specified gloves to protect the user against hand injuries such as slivers and cuts, the employer must provide those gloves.

Employers are responsible for providing and enforcing the use of personal protective clothing and equipment. This includes fall, respiratory, eye, and hearing protection and any other specialized protective equipment required by the Occupational Health and Safety Regulation. Employers need to make sure that the appropriate personal protective equipment is identified for various phases of construction and is being used by workers. Employers must ensure that workers are trained in the use of specialized protective equipment prior to use; this includes fall protection equipment.

Where there is a danger of making contact with moving parts of machinery, equipment, or tools:

- Avoid loose fitting or frayed clothing, which may get caught.
- Remove accessories such as rings, dangling neckwear, loose-fitting bracelets, and watch bands.
- Confine long hair.
- Wear a short-sleeved shirt and long pants.

### Foot protection

Footwear must protect the ankle, sole, and toes. Safety footwear with a CSA green triangle symbol meets these requirements.

It is the worker's responsibility to keep personal safety footwear in good repair. For example, exposed metal toe caps could be hazardous near electricity.

Keep laces tied up at all times to avoid snagging or tripping.



*Use safety footwear with a CSA green triangle.*

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## Head protection

When entering a construction site, workers must wear CSA-approved hard hats.

When using a hard hat:

- A chinstrap or ratchet may be required if your job involves constant bending and your head is below the waistline.
- Keep it clean.
- Inspect it regularly.
- Change the suspension harness at least every five years.
- Don't use solvents to clean it.
- Don't drill holes into it unless approved by the manufacturer.
- Don't paint it.
- Don't use it if it has a crack or a deep gouge.
- Don't throw it around or use it as a hammer.

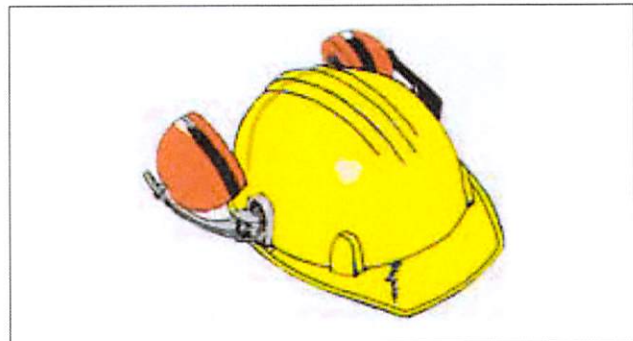
## Hearing protection

Residential construction workers are often exposed to on-the-job noise that can permanently damage hearing.

It's important that workers wear hearing protection when exposed to noise from loud equipment such as air nailers, chop saws, chain saws, circular saws, routers, screw guns, drills, and power planers.

Employers are responsible for providing the required hearing protection. To monitor the effectiveness of hearing protection, construction workers must have their hearing tested every year.

Where communications with co-workers may be critical, hearing protectors that do not block out too much noise should be worn, for example, custom-molded earplugs with vents, earplugs



*Inspect your hard hat regularly.*



*There are many options for hearing protection on a construction site.*

with a connecting cord, Class B earplugs or earmuffs, and electronic earmuffs or earplugs.

Information on hearing testing, hearing-protection equipment, and hearing-conservation programs can be found on <[www.worksafebc.com](http://www.worksafebc.com)>. Visit the Health and Safety Centre and choose Hearing Conservation under Health and Safety Topics.