

Safety Tips – protecting yourself

1. CLOTHING - The wrong clothing or carelessness in dress can cause accidents. Check to see that you are suitably clothed. Some jobs require special protective equipment.
2. SKIN PROTECTION - Used motor oil may cause skin cancer. Follow work practices that minimize the amount of skin exposed and length of time used oil stays on your skin.
3. EYE PROTECTION - The smallest eye injury may cause loss of vision. Injury can be avoided by wearing eye protection when engaged in chiseling, grinding, dishing, welding, painting and any other task that involves foreign matter.
4. BREATHING PROTECTION - Fumes, dust and paint spray are unpleasant and harmful. These can be avoided by wearing respiratory protection.
5. HEARING PROTECTION - Loud noise may damage your hearing and the greater the exposure the worse the damage. If you feel the noise excessive, wear ear protection.
6. HAND PROTECTION - It is advisable to use a protective cream before work to prevent irritation and skin contamination. After work, clean your hands with soap and water. Solvents such as white spirit, paraffin, etc. may harm the skin.
7. FOOT PROTECTION - Substantial or protective footwear with reinforced toecaps will protect your feet from falling objects. Additional oil-resistant soles will help to avoid slipping.
8. SPECIAL CLOTHING - For certain work it may be necessary to wear flame or acid resistant clothing.