

PERSONAL PROTECTIVE EQUIPMENT (PPE) IN CONSTRUCTION: PROPER FIT = PROPER PROTECTION



Head protection should fit the size and circumference of a worker's head, staying on when they look up or down.



Eye protection should be the appropriate size and width for workers' face and eyes, staying on when they move and protecting against intrusion of materials from the front and sides.



Hearing protection should fit the worker's head and ears and should not slip off during work duties.



Respiratory protection should be the appropriate size and shape for the worker's face. Respirators should be NIOSH certified, and tight-fitting respirators should be fit tested prior to use.



High-visibility and flame-resistant clothing should fit the size and shape of the worker's body. It should not cause slip and trip hazards.



Fall Protection harnesses should fit the size and shape of the worker's body. For women, this means the harness design should be proportioned to fit their chest and hips. Fall protection should not cause discomfort in normal daily use, and it should provide necessary protection in the case of a fall.



Hand protection should fit the length and width of workers' hands and fingers. Gloves that do not fit can get caught in machinery or snagged in materials and cause serious injury.

ALL workers should be provided with PPE that fits them properly.

PPE that does not fit properly won't provide the necessary protection from hazards and can even introduce new hazards by being too small or large.

