

SAFETY MEETING TOPIC

This form shall be completed and kept on file

Job Name _____ Location _____ Job No. _____

Meeting Leader _____ Title _____

Date Held _____ Place _____ Time _____

Subject of Meeting HAND, ARMS, AND BODY PROTECTION

Special vests, aprons and jackets are available to protect workers from hazardous environments.

A Coast Guard-approved life jacket or buoyant work vest should be used if there is danger of falling into water while working. For emergency rescue operations, boats and ring buoys with at least 90 feet of line must be provided. Night workers and flag men who might be struck by moving vehicles need suits or vests designed to reflect light (florescent orange).

Materials and fabrics are specifically designed to protect workers from such hazards as heat, cold, splashes from hot metals and liquids, impacts, cuts, acids, and radiation. The material must be selected to protect you from the specific hazard.

Wool and specially treated cotton are two natural fibers which are fire-resistant and comfortable since they adapt well to changing the work-place temperatures.

Duck, a closely-woven cotton fabric, is good for light duty protection. It can provide some protection against cuts and bruises on jobs where employees handle heavy, sharp or rough material.

Heat resistant clothing such as leather is often used to guard against dry heat and flame. Rubber, rubberized fabrics, neoprene and plastics give protection against some acids and chemicals.

Disposable suites of paper-like material may provide protection from dusty materials or materials that can splash. If the substance is extremely toxic, a completely enclosed suit may be necessary. The clothing should be inspected to assure proper fit and function for continued protection.

ARM AND HAND PROTECTION

The arms and hands must be protected from such hazards as burns, cuts, electrical shock, infectious disease and the absorption of chemicals. There is a wide assortment of gloves, hand pads, sleeves and wristlets for protection from various hazardous conditions.

Workers should become familiar with the limitations of the protective clothing being used. The protective clothing must be selected to fit the job. For example, some gloves are designed to protect against specific chemical hazards. Other workers may need to use gloves which have been tested to provide protection from burns or cuts such as wire mesh, leather and canvas. Improper selection and fit may result in additional stresses to the body. Gloves that do not fit

properly or made of the wrong materials may contribute to cumulative trauma disorders as workers exaggerate the grip needed to control and manipulate tools.

Electricians need special protection from shocks and burns. Rubber is considered the best material for insulating gloves and sleeves. Rubber protective equipment for electricians must comply with special ANSI requirements.

CARE

All protective clothing must be inspected regularly for damage. Notify your supervisor if you suspect damage. **NEVER USE DAMAGED EQUIPMENT** as it may not provide you with adequate protection.

Inspect and care for your protective clothing by following the manufacturer's recommendations. If you are not sure, ask your supervisor for assistance.