



Talk No. 3				
Start time		End	Duration	

1. **Introduction:**

- 1.1 Suitable and sensible clothing is a key part of site safety and can provide effective protection against many hazards.

2. **Main Points:**

- 2.1 Wear head protection to protect your life!
- 2.2 Wear safety shoes/boots to protect your toes and to the soles of your feet.
- 2.3 Wear gloves where appropriate to protect your hands.
- 2.4 Wear hi-visibility clothing to be seen.
- 2.5 Keep clothing reasonable to protect against dermatitis, fire, etc.

3. **Points to remember**

- 3.1 Skin cancer is deadly, so use sun screen when working in sunny conditions.
- 3.2 Avoid exposed skin to substances such as cement, tar, insulation, etc.
- 3.3 If the clothing you are wearing is contaminated then remove it and get it washed.
- 3.4 If working with hazards consider the use of suitable coveralls.
- 3.5 Wear any PPE provided that it can look after you.
- 3.6 Consider fire hazards; is fire retardant clothing required? (Synthetic materials are often better than wool; is fire retardant clothing required?)
- 3.7 Jewellery, including watches, can be hazardous near machinery and should be removed or taped up (also reduces wear and tear).
- 3.8 Always dress properly and be prepared to swap or add clothing as required.

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**ATTENTION SHEET**

Talk No. 3	
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All operatives **listed and signed** below Box Talk.

Date .....

NAME