

**EMPLOYEE TRAINING RECORD**

**TRAINING TITLE**            Clothing for Construction

**KEY TEACHING POINTS**

- There's one industry where today's fashions just don't make it. That's construction. Fancy duds are likely to get caught or snagged and cause you to fall or to get hurt in some other way. Your clothing should not only be appropriate, but rugged enough to stand up to the use it will get.
- Always wear a heavy duty shirt, preferably long sleeved with the cuffs buttoned at the wrist. Don't wear it loose or baggy. Keep it tucked in to avoid snagging.
- Your shirt will protect you from sunburn, so keep it on even when the weather is hot. It also will protect you from scrapes and from skin-irritating material, such as concrete water and poison oak. Don't wear anything around your neck that can dangle and get caught in machinery. Wear straight-line pants of proper length without pocket flaps or cuffs. They should not be baggy or so long that your heels get caught in them. You probably can't keep your pants up without a belt. If your belt is too long, cut off the extra length or run it through additional belt loops. In this way, it won't get caught and pull you into machinery. One of the most common causes of amputated fingers is jewelry, such as rings, wrist watches and bracelets. It may look nice, but if it gets caught in machinery, you're in for a painful experience.
- Different jobs call for different kinds of footwear, but, generally, properly fitted, high-top safety boots should be worn. They give you more support than other boots and more protection in case you drop something on your foot. Wear rubber boots when working in wet material, especially if it's deep. Spreading concrete is a good example.
- During cold weather, two light wool shirts are better than one heavy one for warmth. Gloves and hard hat liners are also advisable in cold weather.
- Always wear a hard hat to protect your head from objects falling from above you that can fly around the construction site.
- When you dress for construction jobs, remember that you're not out to model the latest fashions. Your work clothes may not make you the sharpest dude on the block, but you'll look a lot better than you would if loose clothing or jewelry caused you to get caught in a machine.

**TEST**

QUESTION	ANSWERS	
	TRUE	FALSE
1 Your clothing should not only be appropriate, but rugged enough to stand up to the use it will get.		
2 Don't wear shirts loose or baggy.		
3 Don't wear anything around your neck that can dangle and get caught in machinery.		
4 One of the most common causes of amputated fingers is jewelry, such as rings, wrist watches and bracelets.		
5 Always wear a hard hat to protect your head from objects falling from above you that can fly around the construction site.		
<b>EMPLOYEE'S NAME</b>	<b>EMPLOYEE'S SIGNATURE</b>	<b>DATE</b>
<b>INSTRUCTOR'S NAME</b>	<b>INSTRUCTOR'S SIGNATURE</b>	<b>DATE</b>