



**ALCA**  
ARIZONA LANDSCAPE  
CONTRACTORS ASSOCIATION

# Protect Yourself

## Construction Personal Protective Equipment (PPE)

### Eye & Face Protection

- Safety glasses or face shields are worn any time work operations can cause foreign objects to get in the eye. For example, during welding, cutting, grinding, nailing or when working with concrete and/or harmful chemicals or when exposed to flying particles.



### Foot Protection

- Construction workers should wear work shoes or boots with slip-resistant and puncture-resistant soles.
- Safety-toed footwear is worn to prevent crushed toes when working around heavy equipment or falling objects.

### Hand Protection

- Glove should fit snugly.
- Workers should wear the right gloves for the job. Examples include heavy-duty rubber gloves for concrete work; welding gloves for welding; insulated gloves and sleeves when exposed to electrical hazards.

### Head Protection

- Wear hard hats where there is a potential for objects falling from above, bumps to the head from fixed objects, or of accidental head contact with electrical hazards.
- Hard hats should be routinely inspected for dents, cracks or deterioration; replace after a heavy blow or electrical shock.

### Hearing Protection

- Use earplugs/earmuffs in high noise work areas where chainsaws or heavy equipment are used; clean or replace earplugs regularly.

For more information:

 **OSHA**® Occupational  
Safety and Health  
Administration  
U.S. Department of Labor  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA (6742)

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