



# TOOLBOX TALKS

## PERSONAL PROTECTIVE EQUIPMENT

Toolbox Talks are designed to promote safety discussions and best practices on the jobsite. To see more Toolbox Talks, please visit [hollandcs.com/toolboxtalks](https://hollandcs.com/toolboxtalks).

## EYE AND FACE PROTECTION

Choose eye and face protectors based on the kinds of hazards you may encounter. Safety glasses or face shields should be worn when:

- Working operations could cause foreign objects to get in your eyes (like welding, cutting, grinding and nailing)
- You are working with concrete and harmful chemicals
- You are exposed to electrical hazards — including working on energized electrical systems
- You are exposed to flying particles

## FOOT PROTECTION

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

## HAND PROTECTION

- Always wear proper gloves for the work conditions
- Gloves should fit snugly

## HEAD PROTECTION

Wear hard hats — in good condition — when there is potential for:

- Objects falling from above
- Bumps to the head from fixed objects
- Accidental head contact with electrical shock

## HEAR PROTECTION

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

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