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Commissioner of Labor



Eye and Face Protection

- Safety glasses or face shields must be worn when work operations create flying particles or objects or splash hazards that may injure the face or eyes. Also wear protection when exposed to electrical hazards, including work on energized electrical systems.
- Eye and face protectors should be selected based on the type of hazard. Examples: chemical splash goggles for chemicals or other liquids; safety glasses with side shields for flying particles or objects; safety glasses with appropriate protective shade for welding.



Foot Protection

- Wear work shoes or boots with slip-resistant and puncture-resistant soles.
- Protective footwear such as steel-toed footwear should be worn to prevent crushing injuries when working around heavy equipment or falling objects.



Hand Protection

- Employees should wear the appropriate gloves for the job. Examples: heavy-duty rubber gloves for concrete work; welding gloves for welding; insulated gloves and sleeves when exposed to electrical hazards.
- Gloves should fit properly.



Head Protection

- Wear hard hats when there is a potential for objects falling from above, bumps to the head from fixed objects, or accidental head contact with electrical hazards.
- Hard hats must be routinely inspected for dents, cracks or deterioration and replaced 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.
- Wear hearing protection properly to ensure effectiveness.

Adapted from OSHA Quick Card 3260-09N-05, U.S. Department of Labor.

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