



# Safety Matters

Talking Points for Supervisors



Kirby-Vass Insulation, Inc. #594 08/05/15

## Personal Protective Equipment

It's Sunday afternoon — time to sit back in your easy chair and watch football. The last thing that probably comes to mind when you're watching football is safety. The only time the word comes up is when someone invades the enemy end zone to tackle an opponent and scores a two-point "safety" for his team.

Safety in football goes deeper than that. It starts in the locker room before the game, when the players put on their uniforms. To play the game, they must wear protective equipment, including a shock-absorbing helmet with face guard, shoulder pads, knee pads, and cleated shoes. These things can get pretty bulky and uncomfortable, especially when it's 95 degrees on the field and the only shade you can get is from someone's shadow.

Football is a rough game, and if a player wants to be with their family after the game instead of in a hospital, the right protective equipment must be worn, regardless of it being uncomfortable or hot. Next week's game is something to think about. A player is not much good to the team when sidelined by injuries. When protective equipment is worn, their chance of getting through the game without a disabling injury is much greater; therefore, chances of continuing as a successful football player and family member are also greater.

Like a pro football player, you may work on a job that requires personal protective equipment such as ear plugs, hard hats, or safety shoes. For example, an employee's

feet were run over by a fork lift truck, but the worker was wearing safety shoes at the time and the only injuries were a fractured left toe and bruises. His injuries would have been much more severe if he had been wearing regular shoes.

Often times, workers don't wear their safety equipment because it's a nuisance to put on or it's bulky and uncomfortable. And it's often tempting not to put them on at all, unless the safety supervisor is looking.

A poorly fitted piece of protective equipment can cause headache or pain, and if it does, see your supervisor immediately to have it adjusted or refitted. But, most of the time it's just a matter of getting used to wearing it. This is a lot easier when you remember that, like the football player, you stand a better chance of continuing successfully with your job and your home life if you are protected from possible serious injury by protective equipment.

Instead of being hospitalized wondering how the fish are biting or what's happening down at the bowling alley, you'll be able to be where the action is yourself, and to use your leisure time to the fullest.

Personal protective equipment has its place in sports, construction, manufacturing, and many other fields. But it's up to you to be the real professional and recognize the benefits of wearing personal protective equipment.

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