

# Your Last Line of Defense Gear up with Personal Protective Equipment (PPE) to keep you protected in the field.

Every day, about 2,000 U.S. workers sustain a job-related eye injury that requires medical treatment.<sup>1</sup> Unintentional injuries have increased over 4% and are now ranked as the fourth leading cause of death.<sup>2,3</sup>

In 2009, there were 667 fatalities and 28,958 injuries due to work zone crashes.<sup>4</sup>

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In 2012, over 1,020 workers died from head injuries sustained on the job.⁵ Every seven seconds a worker is injured on the job. That's 540 per hour, 12,900 a day, 90,400 a week, 4,700,000 a year.<sup>6</sup>

#### **Safety Glasses**

Worn to protect your eyes from impact hazards like flying debris, large chips and particles.

- ANSI Z87.1 or Z87.1+ glasses meet the impact requirements of OSHA
- Worn in ALL field situations outside of a vehicle
- Protection against exposure to vegetation, flying objects, glare, chips and dirt
- Replace glasses when scratched or damaged

# **High-Visibility Safety Vest**

Worn when working outside of your vehicle to increase visibility to others.

- ANSI/ISEA 107-2015 Type R: Class 2 or 3 safety vests are REQUIRED for roadway work
- Suitable for daytime and low-light conditions
- Replace if torn, damaged or lettering/ reflective tape has worn away

#### **Boots**

Worn by all field employees at all times.

- Minimum of 6 inches tall to ensure proper ankle support
- Rugged treads on the soles protect from slippage on loose terrain
- Replace if damaged, cracks expose inside of the boot, or treads have worn and traction is lost

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### Hard Hat

Worn whenever employees are exposed to overhead dangers from falling objects, impact or electric hazards.

- Foresters are REQUIRED to wear ANSI Z89.1-2003 or 2009 Type I Class E as general equipment
- Worn in storm situations and/or high-wind conditions, marking hazard trees or working with tree crews
- Replace at least every five years or if finish becomes dull, chalky, or when cracks or splits are discovered

# **Hearing Protection**

Worn when noise levels exceed OSHA's 8-hour Time Weighted Average (TWA)/ 85 decibels (dB).

- Ensure hearing protection is securely placed in the ear canal or covering the ear
- Ear plugs, canal caps or ear muffs are the most common types of hearing protection
- Replace improperly fitting, dirty or worn-out hearing protection



\*The information presented here is specific to the requirements for ACRT employees.

It is imperative to maintain your equipment in sanitary and reliable conditions. Your PPE is your last line of defense from hazards. Inspect regularly. Gear up. Get working. Be safe.

# Get more tips and information to work safer at ACRTinc.com/safe

1. https://www.cdc.gov/niosh/topics/eye/ | 2. NSC Injury Facts Sheet | 3. NSC Injury Facts 2016 | 4. http://workingperson.me/2012/05/07/compliance-requirements-for-high-visibility-clothing/ | 5. http://www.safetyandhealthmagazine.com/articles/13407-hard-hats-know-the-facts 6. http://www.nsc.org/Measure/Pages/Workplace-Injuries-Infograpic.aspx?utm\_medium=referral&utm\_source=infographic&utm\_campaign=jse