

# PERSONAL PROTECTIVE EQUIPMENT

For a welder, it's important to have the right protective apparel. Welding PPE is designed to protect you from serious injuries. For example, welding arcs are very intense and can cause burns to skin and eyes with just a few minutes of exposure. Protective apparel required for welding includes fire resistant clothing, safety glasses, shoes, gloves, helmet and leathers.

90%

90% of all workplace eye injuries are preventable with the use of proper safety eyewear

60%

Wearing gloves reduces hand injury by 60%

25%

25% of all workplace accidents involved hands and fingers

1%

Only 1% of approximately 770 workers suffering face injuries were wearing face protection



2,000+

people are admitted to burn centers annually with severe arc flash burns

## GEAR UP!

### 1 Safety Glasses

Even when wearing a helmet, Z87.1 approved safety glasses with side shields, or goggles, should always be worn to protect your eyes from flying particles.

### 2 Welding Jacket

A flame retardant welding jacket helps to protect works from flash fire and electric arc flash. It reduces burn injury and increases chances of survival.

### 3 Gloves

Heavy, flame-resistant gloves (from materials such as leather) should always be worn to protect your hands and wrists from burns, cuts and scratches. As long as they are dry and in good condition, they will offer some insulation against electric shock.

### 4 Welding Helmet

One of the most important pieces of personal protective equipment a welder can have is a helmet. A good welding helmet protects the eyes and skin from sparks and potential vision-damaging ultraviolet and infrared rays emitted by the arc.

### 5 Shoes

Leather boots with 6-8 inch ankle coverage are the best foot protection. For heavy work, boots with safety toe protection should also be used. Metatarsal guards over the shoe laces can add protection from falling objects and sparks further preventing possible injury to the foot.

