

THE FIT MATTERS

How to select the right PPE for the female workforce.



Women in the workforce, particularly in male-dominated professions, often encounter improperly fitting personal protective equipment or PPE. When PPE does not fit properly, it is less likely to be worn and less likely provide the proper protection. Ensure your safety with the following best practices for proper fit and best protection.

TEST & TRY

TEST your employer-provided PPE. If it's uncomfortable, fits improperly, is damaged, or is otherwise unsuitable, report the condition to your supervisor to find an appropriate replacement.

TRY on more than one size of each type of PPE that you are required to wear to find the best fit.

DO NOT select PPE designed for men and try to modify it to fit a woman's body.

FOR HEARING PROTECTION:

- Use disposable, foam earplugs

FOR HEAD PROTECTION:

- Add a chin strap

FOR EYE PROTECTION:

- Beware of safety goggles that are "one size fits all"

FOR SAFETY GLOVES:

- Make sure all of your exposed skin is covered
- Make sure that the gloves allow for a safe grip of tools
- Make sure the finger length, width, and palm circumference of the gloves match those of your hands

FOR SAFETY FOOTWEAR:

- Make sure the boot or shoe fits comfortably but snugly around the heel and ankle areas when laced. It should also fit comfortably at the ball of the foot.

FOR PROTECTIVE CLOTHING:

- Make sure it is specifically designed for women. The areas most important for consideration include torso length, shoulders, chest, waist, and hips.

WHEN IT COMES TO STAYING SAFE AND PROTECTED IN THE WORKPLACE, **THE FIT MATTERS.**



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