

# SAFETY BASICS



## PERSONAL PROTECTIVE EQUIPMENT (PPE) TIPS

Wear appropriate footwear in the workplace. Warehouse workers should wear durable non-slip shoes. To avoid falls, office staff should not wear high-heels or sandals.

If working in areas where there is a risk of falling objects or a low ceiling, head protection is recommended.

Employees in doctor's offices who work with patients or medical samples, such as blood, should wear gowns or lab coats to prevent the spread of infectious diseases.

If working with food, such as in restaurants, wear oven mitts to prevent burns.

