Proper Work Clothing

Whether you work in a factory, a construction site, a salon or a funeral home, special consideration must taken when choosing attire for work.

For example, if you know that you will be working in an industrial environment around equipment that spins such as grinders or drills, you need to avoid wearing baggy clothing, jewelry and have longer hair tied back for safety reasons.

Footwear also needs to be considered and should match the needs for the type of job you are performing. A hairstylist, for example, could wear stylish shoes but should try to avoid high heels or styles that do not promote comfort as they spend most of their day standing while performing their job tasks. Electricians, for example, need to consider the type of fabric used for their clothing as some materials could melt if an arc flash is encountered.

Here are a few things to consider when choosing work attire:

- Conditions such as weather and work environment location.
- Type of job - construction? electrical? hair stylist?
- What type of personal protective equipment (PPE) may be required and was it included when choosing work attire
- Is any specialized footwear required on the job such as static free shoes or metatarsal safety shoes? Will safety shoes be adequate or should work boots be considered?

Dressing for work related activities

When attending school or other offsite type of activities, employees need to consider what their type of dress is saying about them. Avoid wearing any type of clothing that could be considered offensive to others. For example, t-shirts should not include foul language or include any sexually suggestive pictures or drawings. Women should avoid wearing low cut or revealing tops. Limit the amount of jewelry that is worn. As an employee, you need to remember that when you are attending work related activities you become an extension of your workplace and employer so it’s best if you try to appear casual and conservative in dress rather than loud and radical.

You also need to consider footwear when choosing type of dress. If the work or training environment poses a risk of foot injury, you must wear the appropriate protective footwear and it must be chosen based on the hazards that may be present. For example, it is not enough to simply know that construction work requires work boots or that healthcare requires closed toe shoes. You must also talk to your supervisor and training coordinator to determine if your daily footwear (or footwear for a special work assignment) must include additional safety features to protect from smashed toes, punctures, hazardous liquids, electric shock, or saws (cuts/slices).

Remember that footwear requirements may differ between your job site
Points to Remember!

Proper dress contributes to an employee’s image by showing commitment to success in his/her field of work.

Work is performed more efficiently when the attire matches the job.

Proper dress contributes to an employee’s credibility.

Matching appropriate attire to a job contributes to a safe work environment.

and your related instruction site. Be sure to fully try out new footwear before buying, making allowances for extra socks or arch supports that you normally wear. Your toes should be about 1/2 inch from the front. Boots and shoes should be laced completely, fitting snug around the heel and ankle. Your feet carry you all day long. Keep them safe and comfortable!

Through careful planning apprentices and all other employees can use their dress for school and work as an expression of their commitment to be successful in their careers.

Always…
- Wear good quality footwear that is appropriate or required for your trade.
- Wear sunscreen when working outdoors.
- Ensure that clothing is clean and presentable.
- Wear attire that is designated by your code or your sponsor.

Never…*
- Wear shorts, unless approved by your supervisor.
- Wear T-shirts with vulgar or offensive slogans.
- Wear suggestive clothing.

* Check with your employer (or sponsor if you are an apprentice) to be certain of the rules for your trade and workplace.

Participant Signature(s) and Date: