



Wearing Your Arc-Rated PPE Apparel

Ensure Garments Are Properly Fitting

Avoid wearing garments that are too large or too small.

- Garments should not be tight across the shoulders.
- Garments should not untuck when bending or crouching.
- Garments should not drape the body.

Ensure Garments Are Properly Worn

- All short-sleeve and long-sleeve garments should be fully tucked into PPE bottoms.
- The sleeve should always be fully extended and never rolled up to the elbow.
- The cuff should always be fully extended and never rolled. Up.
- The chest placket on a Henley or full-button on a button-down style dress should always be fully buttoned to the neck.. Skin should not be exposed.

Ensure Glove and Hard Hat Use

- Safety and Rubber Gloves should always be worn based on your internal corporate policy
- Hard hats should always be worn based on your internal corporate policy

Discontinue Garment Use If:

- Garment does not have an ARC-rating or other safety evaluations listed
- Garment has visible rips and tears
- Note: Garments can be properly repaired by qualified PPE companies that utilize the same material and ARC-rated thread for repairs

Other Notes

- Wear natural fibers, like 100% cotton, or arc-rated apparel as base layers under arc-rated apparel
- FR properties do not wash out. Hi-visibility garments note a quantity of washings due to brilliant color fading over time.

Employee Name: _____ Employee Signature: _____ Date: _____

