



TOP 10 SAFETY TIPS FOR SUMMER FR COMPLIANCE

For those whose jobs require them to wear flame-resistant (FR) clothing, extreme heat isn't summer's only barrier to compliance. Rips, rain, mosquitoes, improper care—all can threaten the safety of those on your watch. Here are a few simple ways to help make this summer a season of safety.

1 COVER UP. BY ROLLING DOWN.

Keep your sleeves rolled down. It is not only the law, but the right thing to do—the more of your body that's covered by FR clothing, the better protected you will be.

2 DEET IS A MAJOR DON'T.

DEET is the active ingredient in many insect repellents and is HIGHLY flammable. Any FR clothing sprayed with it has the potential to ignite and continue to burn during a thermal event.

3 INSPECT YOUR FR APPAREL.

Retire any FR clothing with a rip longer than 3" in length and a hole greater than the size of a quarter. Any smaller rips and holes can safely be repaired with like materials and Nomex thread.

4 REST. REHYDRATE. REPEAT.

Take breaks in cool areas in peak daytime temps. And drink water often—even before you feel thirsty.

5 WEAR FR THAT BRINGS COMFORT ON MANY LEVELS.

Select FR that not only is lightweight, but also wicks moisture and has great air permeability (breathability).

6 CHECK FOR PROPER FIT.

FR clothing should fit as to not interfere with the work at hand. Tight-fitting clothing is not recommended, as the extra air pockets in loose-fitting clothing provide additional thermal insulation.

7 TRAIN YOUR TEAM ON PROPER FR CARE.

Do NOT use bleach, peroxide or fabric softener. Always tumble dry on a low setting and be careful not to over-dry!

8 BASE LAYERS FOR MORE PROTECTION. AND LESS PERSPIRATION.

Maximize safety and comfort. Opt for an FR base layer that wicks away moisture and increases your overall protection.

9 MAKE SURE YOUR RAINWEAR IS ASTM COMPLIANT TO THE RIGHT HAZARD.

Your FR doesn't protect you if you're wearing an outer layer that hasn't been tested to your hazard. So, when it comes to selecting rainwear, insist on the proper ASTM standard—F1891 for arc flash and F2733 for flash fire, better yet get gear that meets both.

10 CLARIFY WHEN YOU NEED TO WEAR HI-VIS.

FR hi-vis is more of a requirement now than ever before. Let ANSI-ISEA 207-2015 be your guide.

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