Insulation Work – Protecting Buildings – and Protecting Yourself Picture This



The worker is applying insulation in an attic without any visible personal protective equipment (PPE). He is wearing a t-shirt, shorts, and flip-flops, leaving his skin completely exposed. There’s also no sign of a dust mask, goggles, or gloves—all essential when working with loose-fill insulation, which can

irritate the eyes, lungs, and skin.

When installing insulation, workers must wear proper PPE, including long sleeves, pants, gloves, safety goggles, and a dust mask or respirator. Protective footwear should also be worn to prevent foot injuries. Ensuring the use of appropriate gear helps protect against respiratory issues, skin irritation, and accidents on uneven attic surfaces.