



SAFETY CORNER

A MIRROR - YOUR
MOST IMPORTANT
PPE

July 2025

LOOK AROUND YOUR JOB SITE. THERE ARE HAZARDS, INCLUDING SUSPENDED LOADS, MOVING EQUIPMENT, ENVIRONMENT, ELECTRICITY, INSECTS, FALLING OBJECTS, POISON IVY, AND TRAFFIC. WE ALL WORK FOR A COMPANY WITH AN EFFECTIVE SAFETY PROGRAM; YOU HAVE BEEN TRAINED IN HAZARD IDENTIFICATION AND MITIGATION. YOUR MITIGATION PLAN TO CONTROL SOME HAZARDS INCLUDES PPE.

YOU INSPECT IT, STORE IT PROPERLY, AND WEAR IT AS DIRECTED. IN SHORT, YOU PROTECT IT SO IT CAN PROTECT YOU. FINALLY, YOU ARE COVERED IN PPE FROM HEAD TO TOE AND READY TO GO TO WORK. OR ARE YOU? HAVE YOU FORGOTTEN THE ESSENTIAL PPE YOU WILL EVER USE – A MIRROR?

MIRRORS ARE AN ESSENTIAL COMPONENT OF PPE BECAUSE THEY CAN BE THE MOST SIGNIFICANT HAZARD ON YOUR JOB SITE, AND A MIRROR IS YOUR ONLY PROTECTION. TO UTILIZE A MIRROR PROPERLY, POSITION YOURSELF DIRECTLY IN FRONT OF IT AND THINK ABOUT THE FOLLOWING:

By: Anthony Calascibetta, NEPPA TRAINER





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- **FIT FOR DUTY-** WHAT IS MY PHYSICAL FITNESS LEVEL? I SHOULD PROBABLY STRETCH BEFORE DOING STRENUOUS WORK. DID I SLEEP WELL? WHEN WAS MY LAST MEAL? IT'S HOT; AM I DRINKING ENOUGH WATER? SHOULD I TELL MY SUPERVISOR ABOUT THIS PRESCRIPTION MEDICATION I AM TAKING?
- **DISTRACTIONS-** WHAT'S HAPPENING IN MY PERSONAL LIFE? AM I FOCUSED ON THE TASK AT HAND? I'M LEAVING FOR VACATION AS SOON AS WE GET DONE TODAY. BETTER HURRY.
- **TRAINING-** WHAT ARE WE DOING TODAY? AM I TRAINED FOR THIS? DO I UNDERSTAND MY ROLE? WHAT QUESTIONS DO I NEED TO CLARIFY BEFORE WE START WORK?
- **PERCEPTION-** HAVE I PERFORMED THIS TASK SO MANY TIMES THAT I TAKE IT FOR GRANTED? WHAT ARE THE RISKS VERSUS REWARDS OF TAKING A SHORTCUT? AM I AFRAID TO SPEAK UP IF SOMETHING DOESN'T SEEM RIGHT OR I DON'T UNDERSTAND MY TASK? DID I GO THROUGH THE MOTIONS ON THAT PRE-JOB BRIEFING, OR DOES MY CREW REALIZE WHAT WE WERE DOING?
- **ATTITUDE-** I'M TOUGH. I DON'T NEED HELP PICKING THIS UP. YES, IT'S HOT, BUT I'M NOT DRINKING WATER. I DON'T GET SICK. I DON'T LIKE MY FOREMAN - I'LL SHOW HIM. I'VE BEEN DOING THIS LONGER THAN HE'S BEEN ALIVE. NO WAY IS HE TELLING ME I CAN'T USE MY POCKET KNIFE TO SKIN THIS WIRE. I'M SO GOOD AT THIS TASK I DON'T NEED PPE.

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