

Preparing for Work

- Plan ahead so you will be comfortable on the jobsite.
- Observe others to learn from them.



Clothing



- Loose fitting, comfortable, heavy duty clothing.
- Extra change of clothes in the car for the unexpected (falls, rain, spills).
- Cotton vs. wool socks.
- **Hot weather:** cotton, loose fitting, non-revealing clothing.
- **Cold weather:** polypro long johns/wool layered over cotton with a jacket/hooded sweatshirt.

Gloves



- Provide both warmth and protection.
- Should fit snugly. Too large is dangerous.
- Gloves with gripping features are helpful.
- Have a backup pair.

Work Boots or Shoes

- Low heeled work boots or work shoes depending on trade.
- Comfortable and sized for larger socks.
- Steel toed/steel shanked boots may be necessary.
- Waterproof boots or have a backup rubber pair.



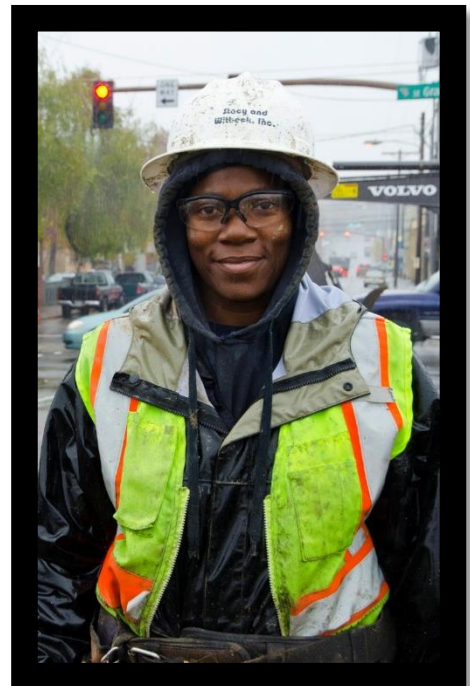
Lunch



- Always plan on bringing your lunch.
- Pack lunch in cooler. Freeze drink night before and it will keep food cold and thaw by lunchtime.
- Pack enough food to sustain you through a day of hard, physical work.
- Bring snacks for breaks. Energy bars and nuts keep well and can stay in your pocket.

Other Considerations

- Bring packaged hand wipes or evaporating cleanser in case there is no washing station.
- Be prepared with sturdy raingear.
- Assemble a small first-aid kit with bandages, sunblock, single-use saline rinse tubes, and a supply of tampons.
- Do not wear contacts if you are sensitive to dust.
- Attach your keys to your clothing.



Tools

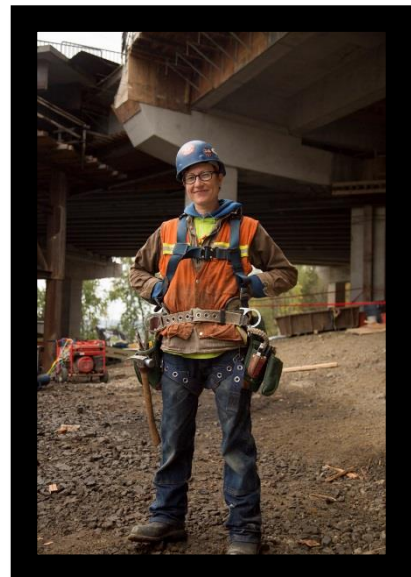
- As a tradesperson, your tools are your livelihood.
- Get a basic list of tools for your first day and bring what you need.
- On your first day on the jobsite, observe others and find out what you might need to buy for the next day.



- Quality tools tell your employer that you care about your work and are investing in your career. They also make your job easier.
- If you borrow a tool, ask first, and return it promptly.
- If you borrow a tool more than once, you need to buy it.
- Set aside money each week to build up your tool collection.

What “On Time” Means

- Being “on time” means 15 minutes early.
- Lunch and breaks are on a regular schedule.
- Work is expected to happen efficiently to keep with strict site schedule.



Be Your Best from Day One!



- ✓ Show up early.
- ✓ Work hard.
- ✓ Do your best to show them who you are as a worker.
- ✓ **Call Oregon Tradeswomen if you need a last minute pep talk!**
503.335.8200

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