

## HELPFUL HINTS:

# PERSONAL PROTECTION TO KEEP YOU SAFE WHILE WELDING AND CUTTING

**LINCOLN<sup>®</sup>**  
**ELECTRIC**

WELDING AND CUTTING CAN BE FUN, BUT WITHOUT TAKING THE PROPER SAFETY PRECAUTIONS, YOU CAN RISK INJURY. BY FOLLOWING THE MANUFACTURER'S RECOMMENDED SAFETY PROTOCOLS AND THESE HELPFUL SUGGESTIONS, YOU CAN COUNT ON YEARS OF ENJOYMENT WITHOUT ANY UNNECESSARY DANGER.



A LINCOLN ELECTRIC COMPANY

## EQUIPMENT

### 1 SAFETY GLASSES

Even when wearing a helmet, you should **always wear industrial grade\* safety glasses with side shields or goggles to protect your eyes from flying particles.** Safety glasses should be also worn when using a chipping ammer or wire brush while removing slag.

\*ANSI/ISEA Z87.1



Product shown:  
Camo Amber Safety Glasses  
Lincoln Electric® Model KH970

### 8 CAP

A cap with bill facing backwards, or a welding cap (doo rag) should be worn to protect your head and neck from sparks and slag. If using a ball cap, make sure it is made from fire-retardant material.



Product shown:  
Welding Doo Rag  
Lincoln Electric® Model KH822

Product shown:  
TIG/MIG Long Cuff Welding Gloves  
Lincoln Electric® Model KH846L  
(Extra-large: Model KH846XL)



INDUSTRIAL QUALITY  
SAFETY GLASSES

CAP (VISOR  
TURNED TO BACK)

LONG-SLEEVED  
WELDING JACKET

Product shown:  
Black Welding Shirt  
Lincoln Electric® KH808L  
(other sizes available)



GAUNTLET LEATHER  
WELDING GLOVES

WELDING  
HELMET



Product shown:  
Red Fierce Welding Helmet  
Lincoln Electric® Model K3063-1



Product shown:  
Shade 5 Safety Glasses  
Lincoln Electric® Model K3688-1

PANTS  
(NO CUFF)

HIGHTOP LEATHER  
BOOTS (STEEL TOE)



### 7 WELDING JACKET

Welding jackets can help protect your arms and upper body from sparks and hot slag. **OSHA recommends wearing clothing made from heavyweight, tightly woven, 100% wool or cotton to protect from UV radiation, hot metal, sparks and open flames.** Also consider replacing your jacket after several cleanings as laundering makes the flame-retardant treatments less effective.

### 3 HELMET & GLASSES

The two types of radiation are infrared (IR) and ultraviolet (UV) radiation. **IR radiation can cause retinal burning and cataracts and can usually be felt as heat. UV radiation, which cannot be felt, can cause an eye burn known as welder's flash.** Normally, welder's flash is temporary, but **repeated or prolonged exposure can lead to permanent injury of the eyes.**

It is essential that you **protect your eyes from radiation exposure**, and we recommend using a welding helmet with a high-quality lens. **The general rule of thumb is** to first choose a filter so dark that you cannot see the arc, then move to one filter setting lighter without dropping to below the minimum recommended rating. **For oxy/fuel cutting**, wear safety glasses with a 5 filter shade rating.

### 4 BOOTS

**Leather boots with six- to eight-inch ankle coverage are the best foot protection.** During heavy work, you should wear safety-toe protection boots. Additionally, metatarsal guards over the shoe laces can protect from falling objects and sparks.

### 6 PANTS

**Avoid wearing pants with cuffs** because sparks or hot metal could deposit in the folds. Also, **wear your pants outside your work boots, not tucked in**, to keep particles from falling into your boots. Because of its durability and resistance to fire, wool clothing is suggested over synthetics.

**Synthetics should never be worn** because these materials melt when exposed to extreme heat. You can wear cotton if it is specially treated for fire retardation.

### 5 NOISE AND HEARING PROTECTION

Earplugs and ear muffs both prevent metal sparks and airborne particles from entering your ear canal and protect your hearing from the effects of excessive noise. When noise levels are painful or are loud enough to interfere with your ability to hear others speaking at a normal conversational volume, this is an indication that levels are potentially hazardous. You should wear adequate ear protection.

## ENSURE YOU HAVE THE RIGHT EQUIPMENT FOR THE JOB.

1 **SELECT** the right product for the job 2 **PROTECT** your eyes, head and body 3 **DON'T FORGET** safety comes first

Follow these precautions and **ALWAYS READ THE MANUFACTURERS INSTRUCTION MANUALS** before beginning any welding or cutting process.