

2 | LONG & LONG

In recognition of the various significant safety benefits, an increasing number of electrical businesses require their workers to wear long trousers and long-sleeved shirts. A Long & Long policy was adopted by all EGT and CET field personnel in 2011 and ECA WA supports all electrical industry workers adopting this requirement for their own safety and protection.

Many view the reason for wearing Long & Long clothing as a means for protection from ultraviolet radiation (UV) and the associated risks, such as skin cancer. The potential benefits of wearing long and long clothing, however, extends much further than this, which is why it is becoming more common in most industrial and construction working environments today.

THE CASE FOR LONG AND LONG

In addition to UV protection, Long & Long clothing can provide additional full body protection against:

- Cuts, scratches and abrasions.
- Thermal burns from contact with hot surfaces or sparks / slag from hot debris producing tools and equipment.
- Chemical burns caused by wayward splashes from corrosive chemicals.
- Electrical arc flash burns.
- Protection from other potential irritants such as dust, dirt, and other types of debris. This can be especially beneficial for workers with allergies, asthma, a weakened immune system, and other types of health conditions.

A simple way to explain the necessity of Long & Long is that workers wear gloves to protect their hands, so why wouldn't a worker wear Long & Long to provide added protection to their bodies?





BUT WHAT ABOUT THE HEAT?

A common outcry from workers is the fear that Long & Long will intensify their heat load and increase their risk of heat stress. Long & Long, however, can help workers stay cooler in the summer heat since they cover more of the body and help prevent heat from escaping.

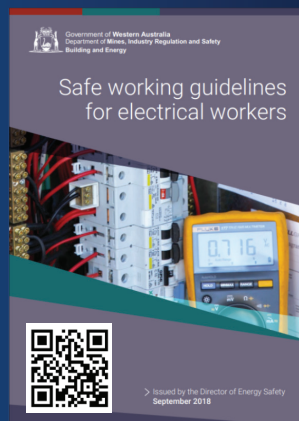
The reason for this is that our bodies produce sweat to help keep the body cool. If a worker is wearing a short sleeve shirt, the sweat will quickly evaporate from the skin, and the body will immediately work to produce more sweat. Not only does this result in increasing the overall body temperature but also causes the body to lose more moisture.

By wearing Long & Long, more moisture is retained, which not only helps workers maintain a cooler temperature, but also helps to ensure workers stay hydrated for longer periods of time.

SAFE WORKING GUIDELINES FOR ELECTRICAL WORKERS

Building and Energy's *Safe working guidelines for electrical workers* also reinforces the requirement for industry to use Long & Long. These guidelines require protective clothing to cover the body completely and:

- Have sleeves to wrist length; and
- Have trouser legs reaching the footwear; and
- Be made of 100% cotton drill, non-flammable fabric



ECA WA ARE HERE TO HELP!

ECA WA promotes the adoption of Long & Long across industry. From 2024, Long & Long will be compulsory in all CET workshops, labs and during practical assessments.

This is one of the many ways ECA WA is working to protect everyone in our industry from harm and encouraging all employers to follow best practice guidelines for keeping their workers safe. If you require assistance in setting up a Long & Long policy in your business, please contact ECA WA on (08) 6241 6100.

DISCLAIMER

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