

DISASTER QUICK TIPS: Personal Protective Equipment

Personal Safety

During flood cleanup, wash hands and exposed skin well and often. Scrub with soap and safe water. Dry off with paper towels if you have them, then throw towels out. Clean cuts right away and provide basic first aid. Seek medical help for more severe injuries.

Skin Protection

To protect your skin:

- Do not let skin touch floodwater or items damaged by water;
- Wear waterproof gloves over heavy work gloves;
- Keep the inside of gloves clean;
- Before reusing gloves, clean them with soap and safe water and dry;
- Wear long sleeve shirts, long pants, and waterproof gear.

Head and Eye Protection

Wear a hard hat in areas where objects can fall. Wear eye goggles without side vents. Goggles must fit well to help keep dust and water out of eyes.

Note: MDH has detailed fact sheets on these topics. See back page.

Breathing Protection

Avoid breathing dust, mold or mold spores - wear an N-95 respirator to clean up. Sweeping, sawing, mold removal and other cleaning can put dust and mold into the air.

N-95 respirators must fit well. Follow the directions that come with the N-95 respirator for a good fit. Do not wear a respirator if you have any breathing problems.

Buy N-95 respirators at safety supply stores and most home improvement stores.

Foot Protection

Wear watertight boots with steel toes and insoles around flooded and damaged areas. Shoes with steel toes and insoles are better than shoes with only a steel shank.

More Tips

- Avoid working alone;
- Take rest breaks;
- Drink plenty of fluids;
- Wear hearing protection near loud noise;
- Wear a Coast Guard approved life vest when near or in flooded areas.



MDH Environmental Health Contacts:**Asbestos**

Asbestos and Lead Compliance: 651-201-4620

Web Site: www.health.state.mn.us/divs/eh/asbestos

Carbon Monoxide and Mold

MDH Indoor Air Quality: 651-201-4601 or 800-798-9050

Email: health.indoorair@state.mn.us

Web Site: www.health.state.mn.us/divs/eh/air

Cleaning Up and Food Safety

MDH Food, Beverage and Lodging: 651-201-4500

Email: health.foodlodging@state.mn.us

Web Site: www.health.state.mn.us/foodsafety

Drinking Water**Public Water**

MDH Drinking Water Protection: 651-201-4700

Email: health.drinkingwater@state.mn.us

Web Site: www.health.state.mn.us/water

Wells and Well Water

MDH Well Management: 651-201-4600 or 1-800-383-9808

Email: health.wells@state.mn.us

Web Site: www.health.state.mn.us/divs/eh/wells

MDH Environmental Health Division Emergency Program Contacts:

www.health.state.mn.us/divs/eh/contactus.htm

MDH Environmental Health Flood information Web site:

www.health.state.mn.us/floods

If you require this document in another format such as large print, Braille, or cassette tape, contact 651-201-5000 or 1-800-657-3908.
For deaf or hard of hearing TTY: 651-201-5797



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