



ISSUE: Dressing for success. How do I know if I am dressed appropriately for the workplace?

THINGS TO CONSIDER: How we dress in the workplace can determine many things like how comfortable we are, safety, first impressions, and sometimes unfortunately whether we will be accepted or not. Some things we have to think about include:

- Hygiene – clean, shaven, combed/brushed hair, nails shortened and clean
- Clothing – proper for where you are working, clean professional, uniforms if required on the job
- Safety – hard hat, boots, gloves (if required on the job)
- Food Safety – washing hands, wearing gloves, hair nets
- Smell – body odor, using deodorant, perfume/colognes (eg; wearing too much)
- Appropriateness – not too tight, short, loose, worn or torn clothing
- Comfort – depends whether you are sitting, standing, walking, indoors, outdoors you will decide what clothing items you need to work comfortably in your workplace

THINGS TO DO: Know the environment you will be working in. Will you be working alone, with professionals, in risky places where you might need safety gear (boots, helmet, gloves), in a food environment with food safety requirements, working with the opposite sex, with children and so on.

- Always start off the day taking care of your self, whether that means showering, shaving, combing your hair so you feel good no matter where you work. Take care in your appearance and wellbeing.
- Pick out the clothing best suited to your work environment.
- If you work with machinery use the proper safety wear.
- Have a look around at other employees to help decide what clothing is the norm for your environment.
- Dress to be comfortable for a full day of work
- If for any reason you are not able to get the necessary work clothing there are places that can help you to find free or cheap clothing. You may be able to ask your employment agency for assistance as well.
- Ask your employer if they have a program for clothing allowances, including uniforms and safety clothing so they can help pay for required workplace clothes.
- Ask a friend or family member for their opinion on your choices of clothing for work.
- Ask a co-worker who you are comfortable with and whose opinion you respect for their opinion on your clothing and hygiene.

COMMUNITY CLOTHING RESOURCES: There are many options for finding clean clothing, including second hand stores.

Dress for Success: For women who require a suit/professional clothing for a job interview
675 W. Hastings St. T: 604.408.7923

Value Village: Inexpensive and good quality second hand clothing
1820 East Hastings T: 604-254-4282

For more info on Potluck Recipes for Success: Heather O'Hara - Executive Director
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