This table summarizes the minimum PPE, shoes, and clothing to be worn in most lab spaces. More information can be found on the [EHS PPE webpage](https://ehs.mit.edu).

<table>
<thead>
<tr>
<th>Minimum Requirements</th>
<th>Activity</th>
<th>Not Working With or Nearby to Chemicals, BL2 Materials, or Radioactive Materials</th>
<th>Working With or Nearby to Chemicals, BL2 Materials, or Radioactive Materials</th>
<th>Details</th>
</tr>
</thead>
</table>
| **Shoes that fully cover the feet.** | Brief Lab Visit or Walk-Through | Required | Required | Required | • Never wear open toe or open heel shoes such as flip-flops or sandals.  
• High heeled shoes or flats that leave the top of the foot exposed should not be worn.  
• Shoes made of porous materials such as mesh or fabric provide only limited protection in a spill and should be avoided when working with materials that can become a spill hazard. |
| **Clothing that covers the legs** | Recommended | Required | Required | • When required, the combination of shoes and clothing must provide full coverage of feet and legs.  
• Thin or tight leg coverings, such as tights, should be avoided when working with materials that can become a spill hazard.  
• Synthetic materials such as spandex, nylon, and polyester can melt to the skin when heated and should not be worn when there is a significant fire hazard. |
| **Lab coat** | Recommended; DLC/Lab Dependent | Recommended; DLC/Lab Dependent | Required | • Lab coat material should be chosen based on a hazard assessment.  
• Flame resistant lab coats are required when handling pyrophoric materials.  
• Comparable protective measures may be used in place of a lab coat depending on special research needs. These alternatives must be reviewed with the DLC EHS Coordinator. |
| **Gloves** | | | DLC/Lab/Activity Dependent | • Appropriate gloves chosen based on hazards and compatibility. |
| **Eye protection and other PPE** | DLC/Lab Dependent | DLC/Lab Dependent | DLC/Lab/Activity Dependent | • Eyewear requirements based on lab policies and hazard assessments.  
• Other PPE may be required depending on PPE hazard assessment for the lab. |