I. PERSONAL APPEARANCE

A. Grooming

1. Personal Hygiene

a. All personnel will report to duty neat, clean, dressed in appropriate uniform attire, and should appear professional.

2. Fingernails

a. Nails should be of an appropriate length as to not interfere with providing patient care or the wearing of protective gloves.

B. Jewelry

1. Only RC MERT approved uniform insignias and pins shall be worn on the uniform.

2. A wristwatch, which displays time in seconds, shall be worn while on shift.

3. Rings, which sit high and could potentially be caught or entangled in equipment, should not be worn. No ring shall interfere with wearing protective gloves.

4. For the safety of the member, necklaces are not recommended. However, if worn, they shall be kept inside the shirt at all times.

5. No bracelet with dangling charms or similar components may be worn while on shift.

6. No large earrings, large loop earrings, or earrings with dangling components may be worn while on shift.

II. UNIFORMS

A. Uniforms must be clean, in good condition, and free of wrinkles. Only authorized uniform apparel may be worn.

1. Shirts - RC MERT Uniform Shirts must be worn on while on shift. All RC MERT Uniform Shirts shall have the RC MERT patch on the upper left sleeve. Field Staff shall also have a New York State Emergency Medical Technician Patch (or other appropriate New York State EMS Certification Patch) on the upper right sleeve. Shirts must be tucked in at all times.

2. Undershirts - A plain navy blue or black long sleeve shirt may be worn with the uniform. A short sleeve undershirt may also be worn. It is preferred that the short sleeve undershirt is either navy blue or black, however white is also okay.

3. Pants - Navy Blue EMT pants, or other navy blue sturdy work pants, must be worn while on shift. Garments that are not acceptable to be worn on shift include, but are not limited to, jeans, sweatpants, scrubs, shorts, and leggings. Pants must be clean, neat, and properly fitted.

4. Belts - A dark colored, professional looking belt is strongly recommended to be worn with the uniform. A black belt is preferred. Belts or buckles with names, advertisements, studs, jewels, other decorative objects, or a large decorative belt buckle are not appropriate to be worn with the uniform.

5. Shoes - Dark colored closed toe shoes, preferably boots, but sneakers are also acceptable. No light colored, open toe, or heeled shoes are permitted. Black boots are strongly recommended. Shoes must be clean, sturdy, in good condition, and professional in appearance.

6. Jackets/Coats - Only RC MERT jackets (located in the MERT office) or personal RC MERT fleeces, navy blue job shirts, or navy blue tactical sweaters shall be worn with the uniform. RC MERT jackets must be returned to the office at the end of the shift.

7. Hats - Only plain navy blue headwear, or professional looking EMS or University of Rochester related headwear, is permitted to be worn while in uniform.

8. ID Badge - All Field Staff are required to have their RC MERT ID Badge in a clearly visible location on the outer layer of their uniform at all times while on shift. The preferred location attach the badge is on one of the front belt loops on their pants.