

Personal Protective Equipment

Personal protective equipment (PPE) is the last means of protecting workers from injury. PPE is only employed when administrative and engineering controls are ineffective or insufficient. Hazards should be minimized by ensuring that all jobs are well planned, workers are properly trained, and safe work practices and safe job procedures are followed. PPE provides an additional degree of protection from injury.

Types of Personal Protective Equipment (PPE)

PPE in our safety program generally falls into two categories.

1. **Basic** – The PPE that should be worn at all times by all personnel in the work place. This includes hard hats, safety glasses, safety footwear, and appropriate clothing.
2. **Specialized** – Covers PPE which is used only for specific jobs or for protection from specific hazards. This includes gloves, welder's goggles, respiratory protective equipment, fall arresting equipment and special clothing.

Eye and Face Protection

This PPE is designed to protect the worker from such hazards as:

- Flying objects and particles,
- Molten metals,
- Splashing liquids,
- Ultraviolet, infrared, and visible radiation (welding).

There are two types of eye and face protection:

1. **Basic Eye Protection** includes:
 - Eye cup goggles,
 - Monoframe goggles and spectacles with side shields.
2. **Face Protection** includes:
 - Metal mesh face shields for radiant heat or hot and humid conditions,
 - Chemical and impact resistant (plastic) face shields,
 - Welders' shields or helmets with specified cover,
 - Filter plates and lenses.

Hardened glass prescription lens and sport glasses are not an acceptable substitute for proper, required industrial safety eye protection.

Comfort and fit are very important in the selection of safety eye wear. Lens coatings, venting or fittings may be needed to prevent fogging.

Contact lenses should **NOT** be worn at the work site. Contact lenses may trap or absorb particles or gases causing eye irritation or blindness. Hard contact lenses may injure the eye when hit.

Basic eye protection should be worn with face shields. Face shields alone often are not enough to fully protect the eyes from work hazards. When eye and face protection is required, advice from special specialists, information on Material Safety Data Sheets (MSDS) for various chemicals, or your supplier will help you select such protection.

Do

1. Ensure your eye protection fits properly (close to the face);
2. Clean safety glasses daily, or more often if needed;
3. Store safety glasses in a safe, clean, dry place when not in use;
4. Replace pitted, scratched, bent and poorly fitted PPE. (Damages to face/eye protection interferes with vision and will not provide the protection it is designed to deliver.)

Do Not

1. Modify eye/face protection;
2. Use eye/face protection which does not have a proper certification. (Various markings or the safety stamp for safety glasses are usually on the frame inside the temple near the hinges of the glasses.)

Eye Protection for Welders

Welders and welders' helpers should wear eye protection adequate for the job they are doing. Anyone else working in the area should also wear eye protection where there is a chance they could be exposed to a flash.

Foot Protection

Safety footwear is designed to protect against foot hazards in the workplace. Safety footwear protects against compression, puncture injuries, and impact.

Safety footwear is divided into three grades, which are indicated by colored tags and symbols:

- The **tag** color tells the amount of resistance the toe will supply to different weights dropped from different heights.

- The **symbol** indicates the strength of the sole. For example, a triangle means a puncture resistant sole able to withstand 135 kg (300 ft. lbs) of pressure without being punctured by a 5cm (2 inch) nail.

In construction, it is recommended that only the green triangle grade of footwear be used, which also gives ankle support.

Your choice of protective footwear should always overprotect, not under protect.

Do

1. Choose footwear according to the job hazard and approved standards;
2. Lace up boot and tie laces securely (boots do not protect if they are a tripping hazard or fall off);
3. Use a protective boot dressing to help the boot last longer and provide greater water resistance (wet boots conduct current);
4. Choose a high-cut boot to provide ankle support (fewer injuries).

Do Not

1. Wear defective safety footwear (i.e., exposed steel toe caps);
2. Under protect your feet;
3. Modify safety footwear.

Head Protection

Safety headwear is designed to protect the head from impact from falling objects, bumps, splashes from chemicals or harmful substances, and contact with energized objects and equipment.

In construction, the recommended type of protective headwear is a hard hat which has the required “dielectric strength”. There are many designs, but they all must meet CSA requirements for Class G (General Usage) and Class E (Electrical trades).

Most head protection is made up of two parts:

- The **shell** (light and rigid to deflect blows)
- The **suspension** (to absorb and distribute the energy of the blow)

Both parts of the headwear must be compatible and maintained according to manufacturer's instructions. If attachments are used with headwear, they must be designed specifically for use with the specific headwear used. Bump caps or laceration hats are not considered safety helmets.

Inspection and maintenance

Proper care is required for headgear to perform efficiently. Its service life is affected by many factors, including temperature, chemicals, sunlight, and ultraviolet radiation (welding). The usual maintenance for headgear is simply washing with a mild detergent and rinsing thoroughly.

Do

1. Replace headgear that is pitted, holed, cracked or brittle;
2. Replace headgear that has been subjected to a blow even though damage cannot be seen;
3. Remove from service any headgear if its serviceability is in doubt;
4. Replace headgear and components according to manufacturer's instruction;
5. Consult regulations or your supplier for information on headgear.

Do Not

1. Drill, remove peaks, alter the shell or suspension in any way;
2. Use solvents or paints on the shell (makes the shell breakdown);
3. Put chin straps over the brims of certain classes of headgear;
4. Use any liner that contains metal or conductive material;
5. Carry anything in the hard hat while wearing the hard hat.

I have read and understood the importance of The PPE'S and will follow the outlined to ensure safety for myself and my coworkers daily.

Name: _____ Date: _____

Signature: _____