



Personal Protective Equipment

PPE

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Why this topic?

The use of Personal Protective Equipment (PPE) is an OSHA requirement. Every job has some sort of hazard that PPE can minimize. Employers must evaluate each job to determine hazards that are existant or may arise. An employer can ask for your help to go over the results to make sure the correct equipment is chosen. Employees should understand how to use the required PPE and know how to maintain and properly clean it.

Hand protection:

There are about 500,000 work-related injuries to employees' hands and fingers. There are four basic types of hazards:

- ▲ Mechanical hazards which cause cuts, punctures, scrapes or crushing.
- ▲ Environmental hazards such as extreme cold or heat.
- ▲ Irritating substances from chemicals or germs.
- ▲ Electrical hazards that cause shock or burns.

Your employer will first try to eliminate hazards with engineering controls like machine guards and improved workplace

design. After that, PPE may be required. There are many types of handwear for all sorts of different hazards.

Eye protection:

Safety glasses (those that meet ANSI 2.87 standard) and full face shields provide protection against the impact of particles and wood slivers. If there are chemicals in use, specialized chemical goggles must be used. These types of devices form a seal around the user's face, so that the damage the chemicals can cause won't contact your eyes.

- ▲ Adequately protect against the particular hazards for which they are designed.
- ▲ Be reasonably comfortable when worn under the designated conditions.
- ▲ Fit snugly without interference of movement or vision.
- ▲ Durable, capable of being cleaned and disinfected.

Foot protection:

Typical examples of foot protection include various types of footwear that are appropriate for the hazard.

- ▲ Safety shoes - have toe guards such as steel, reinforced plastic and hard rubber, that meet ANSI regulations (2.89) for protective footwear.

- ▲ Metatarsal guards - instep guards to protect the top of the shoe, rather than just the toes.
- ▲ Conductive shoes - prevent the accumulation of static electricity.
- ▲ Electrical hazard shoes - offer protection against shock hazards from contact with exposed surfaces.
- ▲ Puncture resistant shoes - protect against the hazard of stepping on sharp objects that can penetrate shoes.
- ▲ Slip resistant shoes - have soles which provide improved traction in situations where slipping hazards exist.

Respiratory Protection:

Respirators protect against chemicals, dusts, fibers, and in some cases - oxygen deficiencies. Many OSHA standards identify a concentration limit. The type of respirator will be different based on what hazards exist.

There are two basic types of respirators:

- ▲ Atmosphere-supplying respirators provide clean breathing air from a source that is separated from the contaminated area.
- ▲ Air purifying respirators pass contaminated air through filters, cartridges or cannisters to clean the air as it is breathed.

SAFETY TRAINING SIGN-IN SHEET

Personal Protective Equipment

Evaluate the hazards of the job.

Define what protection is needed.

Provide employees with the proper PPE.

Train employees to use the PPE.

Train employees to clean and maintain the PPE.

PPE should be inspected every time before it is used for crack, weakness, wear or other degradation.

PPE is only effective if you use it!

Company Name: _____ Date: _____

Subject: Personal Protective Equipment

The following employees participated in this training.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Head protection:

Hard hats are used to protect against impacts due to falling tools, other objects or contact with overhead structures such as pipes or ducts. Head protection is ANSI rated. There must be a label that describes this inside the hard hat. There are two classes of hard hats: type 1 has a full brim that is at least 1.25 inches wide; and, type 2 has no brim and has a peak extending forward from the crown. There are three classes of hard hats:

Class A - provides general service and limited voltage protection. These hats are used for protection against impact.

Class B - provides utility service and high voltage protection. These hats, used mostly in electrical work, protect the employee from impact and penetration from falling, flying objects and high voltage shock or burns.

Class C - These hats provide lightweight comfort and impact protection, and are used when there is no danger of electrical hazards.



Fall Arrest Protection:

A typical example is a full body harness with an attached expandable "rip-stitch" lanyard. This type of protection is used whenever persons work at heights where they are exposed to a fall hazard of greater than 4 feet.

Fall protection consists of:

- ▲ an anchor point
- ▲ connectors
- ▲ body harness
- ▲ lanyard, deceleration device, lifeline or a combination of these.

QUIZ

True or False

1. Personal Protective Equipment (PPE) cannot work if it is not used. T or F
2. Employees must learn how to use and maintain the PPE. T or F
3. Safety glasses and full face shields should not be worn in high heat situations. T or F
4. A Class B, Type 1 hard hat can protect your head from flying object and high voltage. T or F
5. PPE should be inspected once every six months. T or F
6. An atmosphere-supplying respirator filters the air you breathe.

1. T, 2. T, 3. F, 4. T, 5. F, 6. F

Review the Job - What PPE do You Need?

Every job should be evaluated for the need of personal protective equipment. The form below is a checklist to help you evaluate each position. Reevaluation may be necessary if there is an environment change, change of job duties or if new chemicals/hazards are added to the job.

Job Title:						
Job Description:						
Hand Protection	Cuts or Sharps	Wood Splinters	Chemicals	Cold or Hot	Bloodborne Pathogens	Other (describe)
<i>Check all that apply.</i>						
<i>Describe the solution PPE and list model, make, etc.</i>						
Eye Protection	Cuts or Sharps	Wood Splinters	Chemicals	Cold or Hot	Bloodborne Pathogens	Welding UV/Radiant Heat/Light
<i>Check all that apply.</i>						
<i>Describe the solution PPE and list model, make, etc.</i>						
Foot Protection	Cuts or Sharps	Wood Splinters	Chemicals	Cold or Hot	Bloodborne Pathogens	Impact with material or heavy objects
<i>Check all that apply.</i>						
<i>Describe the solution PPE and list model, make, etc.</i>						
Respiratory Protection	Welding UV/Metal Aerosols		Oxygen Deficiency/Confined Space	Chemicals	Dust	Fibers
<i>Check all that apply.</i>						
<i>Describe the solution PPE and list model, make, etc.</i>						
Head Protection	Overhead Structures		Falling Tools & Objects	Work from Platform		Other (describe)
<i>Check all that apply.</i>						
<i>Describe the solution PPE and list model, make, etc.</i>						
Fall Protection	Working at areas exposed to fall		Other (describe)	Other (describe)		Other (describe)
<i>Check all that apply.</i>						
<i>Describe the solution PPE and list model, make, etc.</i>						