



Personal Protective Equipment

Protect Yourself

Personal Protective Equipment (PPE) is a general term referring to any equipment that is worn by a worker, in order to protect them from injury (such as safety glasses, hearing protection, safety shoes, gloves, etc.). PPE required by the Occupational Safety and Health Act (OSHA), any regulation, or your employer must be worn.

Key Points

- You have a legal duty to wear any PPE provided by your employer and they have a duty to see that you do.
- You must wear and use the PPE in the way it was intended – therefore it must fit you.
- PPE must be suitable for the risk and the job in hand – if it's not – report it.
- PPE must not itself create a new risk – if it does – report it.
- You have a duty to take care of the PPE and not abuse it.
- Do not take PPE home. Return it to the appropriate storage place after use.
- If you are unsure about how to use PPE (e.g. respirators or fall-

arrest harnesses and lanyards) ask for training first. Your employer will provide adequately training.

- If there is anything wrong with the PPE provided (e.g., worn out, broken, missing, in need of maintenance) report it to your supervisor.

In general, there are many types of jobs or tasks which require that PPE be worn to protect workers from harm. Always wear the appropriate PPE for the hazards that may be encountered in the job or that is required by your employer.



Eye Protection

Needed when:

- Welding, cutting and brazing
- Sawing
- Grinding
- Spray painting
- Sunlight
- Dusty environments

- Chemical gases, vapours or liquids
- Swinging chains or ropes
- Harmful light
- Any other situation that could cause injury to the eye

Types of eye protection:

- Safety glasses
- Safety goggles
- Face shields or respirators
- Helmets



Foot Protection

When there is danger of slipping, wear slip-resistant safety shoes or boots, depending on the requirements of the environment and type of work.

Always wear safety boots when there is danger of falling objects or stepping on sharp objects. Wear the correct type of safety footwear for the job.



Head Protection

Hard hats must be worn for protection when there is a hazard of head injury (IER, s.80). Situations that could cause injury may be when working:



- Below other workers or machinery
- Around or under conveyor belts
- Around exposed energized conductors
- Where there may be overhead obstructions

Industrial Protective Headwear

Classification	Level of Protection
Class C	Impact protective headwear that does not provide dielectric protection
Class E	Impact protective headwear that provides protection against an applied voltage Increasing at a uniform rate of 1000 ± 50 V/s up to a maximum of 20 000 ± 100 V. This maximum voltage is maintained for 3 min.
Class G	Impact protective headwear that provides protection against a maximum voltage of 2200 ± 20 V for 1 minute
Type 1	Headwear that provides impact and penetration protection for the crown only
Type 2	Headwear that provides impact and penetration protection for the crown and laterally

As with all PPE, inspect the hard hat before using it for damage, such as a worn headband.

Hand & Finger Protection

Gloves can protect hands and forearms from cuts, abrasions, burns, puncture wounds, contact with hazardous chemicals, and some electrical shocks.



Not every job requires gloves – never wear gloves working with or around reciprocating or rotating machine parts.

Choose the Right Glove for the Job

Glove Type	Level of Protection
Metal Mesh and Kevlar Knit	Prevents cuts from sharp objects
Leather	Protects against rough objects, chips, sparks and moderate heat
Cotton Fabric	Protects against dirt, splinters and abrasions – improves grip
Rubber, Neoprene, Vinyl	Protects from chemicals. Read specifications on chemical package or material safety data sheet for proper use

Points to Consider About Clothing and Personal Measures for Protection

To reduce the risk of entanglement:

- Keep long hair tied back or tucked under a hat
- Keep zippers and buttons done up
- Make sure clothing fits close to the body
- Eliminate drawstrings and other dangling pieces from clothing
- Remove hanging threads and fix tears in clothing to prevent entanglement
- Remove jewelry

SAFETY TRAINING SIGN-IN

Company Name: _____ Date: _____

Subject: Personal Protective Equipment

The following employees participated in this training.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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