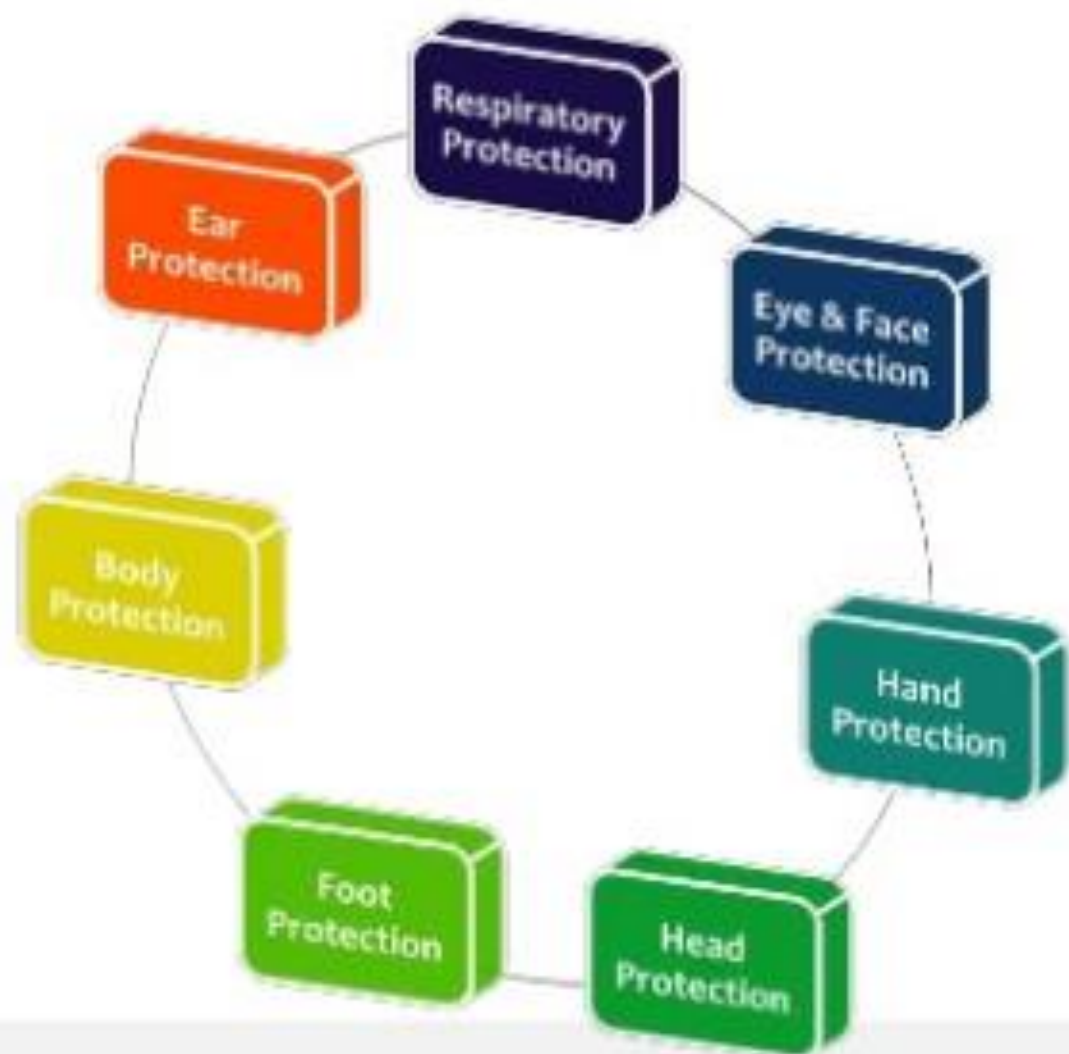


PERSONAL PROTECTION EQUIPMENTS



What does PPE include?



Types of PPE you can use



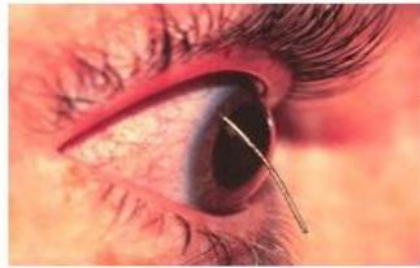
Hazards

Chemical or metal splash, dust, gas and vapour, radiation

1) Eyes



If eye and face protectors are not used



Something stinging in the eye



facial injury



Without protective glasses?

burn, irritation,
allergy, loss of limb, death

- **Options**
- Safety goggles, face screens, faceshields



- **Note**
- Make sure the eye protection chosen has the right combination of impact/dust/splash/molten metal eye protection for the task and fits the user properly

Types of PPE you can use



2) Head & Neck



• Hazards

- Impact from falling or flying objects, risk of head bumping, hair getting tangled in machinery, chemical splash, climate or temperature



- **Options**
- Industrial safety helmets, hairnets



- **Note**
- Some safety helmets incorporate or can be fitted with specially-designed eye or hearing protection
- Replace head protection if it is damaged

Types of PPE you can use



Hazards

- Noise – a combination of sound level and duration of exposure, very high-level sounds are a hazard even with short duration

3) Ears





- **Options**

- Earplugs, earmuffs, semi-insert/canal caps



- **Note**

- Provide the right hearing protectors for the type of work, and make sure workers know how to fit them
- Choose protectors that reduce noise to an acceptable level, while allowing for safety and communication



Sounds above 85 dB : are harmful. So, workers have to use earplugs.



Sounds at 80 dB: employers have to put earplugs in the workplaces.



Lets look the other sound intensity (decibel):

10dB: Rustle of leaves



60dB: Normal talking

80 dB: Hair dryer

90 dB: Blender

120 dB: Thunder

150dB: Jet plane



Ear Protection- earplug- workers' questions:

Questions

Answers



Can I hear the conversations when I wear ear protectors?



Yes.

Ear protectors let you hear normal sounds because they are designed to reduce the effects of very loud sounds.

Will I notice the change in the sound of the equipment?



Yes.

When using the ear protector, you will get used to the normal sound of the equipment and you will be able to distinguish the sound that is in failure.



Types of PPE you can use

4) Hands & Arms

- Hazards
- Abrasion, temperature extremes, cuts and punctures, impact, chemicals, electric shock, radiation, vibration, biological agents.





- **Options**

- Gloves, gloves with a cuff, gauntlets and sleeving that covers part or all of the arm



- **Note**

- Avoid gloves when operating machines such as bench drills where the gloves might get caught
- Wearing gloves for long periods can make the skin hot and sweaty, leading to skin problems. Using separate cotton inner gloves can help prevent this

Types of PPE you can use

5) Feet and Legs

- **Hazard**

- Wet, hot and cold conditions, electrostatic build-up, slipping, cuts and punctures, falling objects, heavy loads, metal and chemical splash, vehicles.

- **Options**

- Safety boots and shoes with protective toecaps and penetration-resistant, mid-sole wellington boots and specific footwear, eg foundry boots and chainsaw boots



- **Note**

- Footwear can help prevent slips in different conditions, including oil - or chemical-resistant soles. It can also be anti-static, electrically conductive or thermally insulating
- Appropriate footwear should be selected for the risks identified



CE



If foot protectors are not used



Fractures,
Burn,
loss of limb,
DEATH



Types of PPE you can use

6) Lungs

- **Hazards:**
 - Oxygen-deficient atmospheres, dusts, gases
 - and vapours
- **Options :**
 - **respiratory protective equipment (RPE)**
- **Note**
 - The right type of respirator filter must be used as each is effective for only a limited range of substances



Types of PPE you can use

7) Whole body

- **Hazards**
- Heat, chemical or metal splash, spray from pressure leaks or spray guns, contaminated dust, impact or penetration.
- **Options**
- Conventional or disposable overalls, aprons, chemical suits



If whole body protectors are not used



Fractures,
Burn,
loss of limb,
DEATH

warning signs- (have to use)

white text and icon on blue sheet



while these 3 workers working by wearing all personal protective equipment, this guy is wearing shorts and tshirt. doing it right ???



no need to be too brave

PERSONAL PROTECTIVE EQUIPMENT

**PPE MUST FIT YOUR BODY
IN GOOD CONDITION
WITH NO CRACKS,
TEARS, OR HOLES**





**STUDY YOUR COMPANY'S
EMPLOYEE MANUAL**

**CHECK WITH OSHA
REGULATIONS**

**SAFE AND HEALTHFUL
WORKING CONDITIONS
ARE YOUR RIGHT!**

REMINDERS

**IDENTIFY YOUR
JOB HAZARDS**

**CHOOSE PROPER PPE
BE SURE EQUIPMENT WORKS
MAKE SURE EVERYTHING FITS!**

- Further reading;

- <https://www.hse.gov.uk/pubns/books/hsg53.htm>
- [Respiratory protective equipment at work: A practical guide](#)
- <https://www.hse.gov.uk/pubns/indg174.pdf>

[A short guide to the Personal Protective Equipment at Work Regulations 1992 Leaflet INDG174 \(PDF\)](#)

Further reading :

Hard hats: What you need to know as a busy builder Construction Information Sheet CIS70 HSE Books 2013
www.hse.gov.uk/pubns/cis70.pdf

Hazardous substances at work: A brief guide to COSHH Leaflet INDG136(rev5) HSE Books 2012
www.hse.gov.uk/pubns/indg136.htm

Lead and you Leaflet INDG305(rev2) HSE Books 2012 www.hse.gov.uk/pubns/indg305.htm

Noise at work: A brief guide to controlling the risks Leaflet INDG362(rev2) HSE Books 2012
www.hse.gov.uk/pubns/indg362.htm

Personal Protective Equipment at Work (Second edition). Personal Protective Equipment at Work Regulations 1992 (as amended). Guidance on Regulations L25 (Second edition) HSE Books 2005 ISBN 978 0 7176 6139 8
www.hse.gov.uk/pubns/books/l25.htm

Respiratory protective equipment at work: A practical guide HSG53 (Third edition) HSE Books 2005 ISBN 978 0 7176 2904 6
www.hse.gov.uk/pubns/books/hsg53.htm

Selecting protective gloves for work with chemicals: Guidance for employers and health and safety specialists Leaflet INDG330 HSE Books 2000 www.hse.gov.uk/pubns/indg330.htm