

PERSONAL PROTECTIVE EQUIPMENT (PPE)

No matter what your job is, engineering controls are the first line of defense against occupational injury and fatalities. However, these methods do not always offer the maximum protection for workers, so personal protective equipment (PPE) is crucial.

Keep Safety in Mind

Often, workers don't wear their safety equipment because it's a nuisance to put on or because it's bulky and uncomfortable. It can be tempting not to put PPE on at all unless the safety supervisor is looking, but ultimately, it is up to you to be a professional and recognize the life-saving benefits of PPE.

Here are the top five things you need to know about personal protective equipment.

1. PPE assessment

The employer shall assess the workplace to determine if hazards are present, or are likely to be present, which necessitate the use of personal protective equipment (PPE).

2. Training

The employer shall provide training to each employee who is required to use PPE.

- When PPE is necessary
- What PPE is necessary
- How to properly don and doff the PPE
- Limitations of the PPE
- The proper care & disposal

3. Proper fit

A poorly fitted piece of protective equipment can cause headache or pain. Be patient and allow yourself to get used to wearing the PPE. Employees will wear good and comfortable PPE.

4. Choose wisely

There are many types of PPE:

- Head Protection
- Eye Protection
- Hearing Protection
- Hand protection
- Foot Protection
- Visibility protection.
- Respiratory Protection
- Face Protection.

5. Respiratory protection

You must have a respiratory protection program. Evaluate hazards in the workplace to determine which respirator to use. Employees must be fit tested.

Discussion

- 1. What type of PPE is required for your position?**
- 2. Have you done a PPE Assessment?**
- 3. Can anyone share an experience relating to this topic?**

