

Talk No: 3

Title: PPE

Introduction: Personal Protective Equipment (PPE) is all equipment (including clothing providing protection against the weather) which is intended to be worn or held by people at work and which protects them against one or more risks to their health and/or safety.

Main points:

- Wear head protection - Impact from falling or flying objects, risk of head bumping, hair getting tangled in machinery, chemical drips or splash, climate or temperature
- Wear safety shoes/boots - wet, hot and cold conditions, slipping, cuts and punctures, falling objects, heavy loads, chemical splash.
- Wear gloves - abrasion, temperature extremes, cuts and punctures, impact, chemicals, electric shock, radiation, vibration, biological agents and prolonged immersion in water
- Wear hi-visibility clothing/vests – be seen.
- Wear eye protection - chemical splash, dust, projectiles, gas and vapour, radiation
- Wear ear protection - a combination of sound level and duration of exposure, very high-level sounds are a hazard even with short duration.
- Dust Masks - dusts, gases and vapours

Discussion points:

- Skin cancer is deadly – keep skin covered when working in sunny conditions.
- Avoid exposed skin when working with substances such as cement, insulation, etc.
- If clothing you are wearing becomes contaminated then remove it and get it washed.
- If working with hazardous substances consider use of suitable coveralls.
- Wear any PPE provided, and look after it so that it can look after you.
- Consider fire hazards: cotton burns easier than wool; is fire retardant clothing required?
- Jewellery, including rings, chains, etc. can be hazardous near machinery and when working on plant – consider taking off or taping up (also reduces wear and tear).
- Always dress properly, even for short jobs, and be prepared to swap or add clothing as required for specific tasks.



DRESSING SAFELY ISN'T BEING SILLY – IT'S BEING SENSIBLE