

## **KNOW YOUR PPE**



PPE guidelines outline the use of personal protective equipment (PPE) to minimize workplace hazards and risks. These guidelines ensure proper selection, use, maintenance, and disposal of PPE, including items like gloves, eye protection, respirators, and safety clothing.

- **Hazard Assessment:**

Identifying and evaluating potential hazards in your workspace is crucial for determining the appropriate PPE needed before you start.

- **Selection and Use:**

Choosing the right PPE for specific hazards and ensuring it's used correctly, including proper putting on and removing procedures, is essential.

- **Training:**

Employees must ensure they are trained on the proper use, limitations, care, and maintenance of PPE, as well as the importance of wearing it consistently. Contact your Line Manager or HR if unclear

- **Maintenance and Storage:**

Regular inspection, cleaning, and maintenance of self used PPE are necessary to ensure its effectiveness and longevity.

- **Disposal:**

Used or contaminated PPE must be disposed of according to established waste guidelines.



**1**

**Know which PPE is required for your work role.**

**2**

**Use the PPE in the manner you have been trained to use it.**



**3**

**Ensure your equipment fits comfortably.**

**4**

**Be fully trained in the use of your specific PPE.**



**5**

**Do not misuse or damage the clothing you have been provided.**

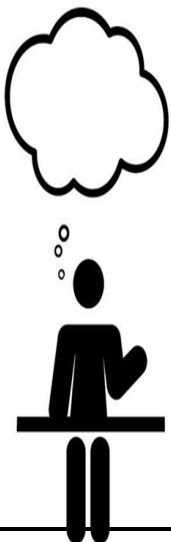
**6**

**Ensure proper care and maintenance of the PPE.**



**7**

**Notify your employer immediately if you notice any damage**



**Head protection**

Falling or flying objects,  
overhead objects

**Eye protection**

Blowing dust or particles, metal shavings,  
acids or caustic liquids, welding light

**Hearing protection**

Loud tools and machinery,  
poorly maintained equipment

**High-visibility hat, vest, pants**

Errant vehicles, distracted drivers

**Hand protection**

Sharp or hot objects, chemicals,  
biological or electrical hazards

**Foot protection**

Falling or rolling objects,  
sharp or heavy objects, wet  
and slippery surfaces, uneven  
surfaces, hot surfaces,  
electrical hazards

**Harness lanyard**

Working more than 6 feet or more  
above a lower level

