201: Health and safety in building services engineering  
**Handout 10: Personal protective equipment**

**Learning outcome**

The learner will:

1. Be able to demonstrate and understand the procedures for establishing a safe working environment

**Assessment Criteria**

The learner can:

3.3 state the purpose of PPE.

3.4 specify the appropriate protective clothing and equipment that is required for identified work tasks.

**Personal protective equipment**

PPE is designed to protect against workplace hazards. Health and Safety at Work Regulations require employers to provide:

* protective clothing for working outdoors
* eye protection from dust, sparks or flying objects
* respirators to protect from dust and fumes
* ear defenders where noise levels are above 80dB
* protective clothing when exposed to hazardous substances such as lead
* shelter for use during bad weather
* storage equipment for PPE.

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| **High-visibility clothing**  High-visibility clothing is worn by those who need to be seen during poor lighting or weather conditions, or when working in environments where there is a lot of moving machinery. Most construction sites require all persons to wear high-visibility clothing whilst on site. | 01 High visibility clothing.png |
| **Hand protection**  A wide assortment of gloves, hand pads, sleeves and wristlets can be used where there are hazards present that can cause arm and hand injuries, such as burns, electrical shock or absorption of chemicals. | 03 Protective gloves.png |
| **Eye protection**  Forms of eye protection include goggles, visors, shields and face screens. Eye protection is required by law when working in hazardous areas and should be worn to protect from possible injuries caused by corrosive substances, welding/soldering, and using hammers, chisels and power drills. | 02 Eye protection.png |

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| **Head protection**  Helmets protect from falling objects and the risk of hitting your head on objects such as scaffolding.  Head protection is also required when working in confined spaces, as the likelihood of banging your head on the structure where you are working is greatly increased. | 04 Hard hat.png |
| **Foot protection**  These will protect against heavy objects falling on your feet, and boots can also provide ankle and lower leg protection.  Boots, such as wellington style boots, can also provide protection against chemicals and other unpleasant substances. | 05 Safety footwear.png |
| **Hearing protection**  Noise is an invisible enemy. Hearing protection, such as ear defenders, is required if noise levels are above 80dB. | 06 Hearing protection.png |
| **Respiratory protection**  Cutting and grinding materials, such as wood and cement, create a large amount of dust and fumes. Moreover, materials such as solvents can also cause respiratory problems.  Respirators and dust masks protect from airborne particles which can cause serious lung damage and breathing problems. | 07 Respiratory protection.png |
| **Protective clothing**  Overalls are not worn just to keep you clean but also to protect from injuries such as burns. Boiler suits are the safest option, as they provide full body protection.  High-visibility clothing also needs to be worn when working in hazardous areas, such as next to a busy road. | 08 Protective clothing.png |