

PERSONAL PROTECTIVE EQUIPMENT

YOUR HEALTH AND SAFETY AT WORK

Personal hygiene

Finally, personal hygiene (cleanliness) is also very important as a method of controlling hazards. Your employer should provide facilities so you can wash and/or take a shower every day at the end of your shift, no matter what your job is. Wash your skin and hair with a mild soap, rinse and dry your skin completely to protect it. Washing hands regularly, and eating and smoking away from your work area help to prevent ingesting

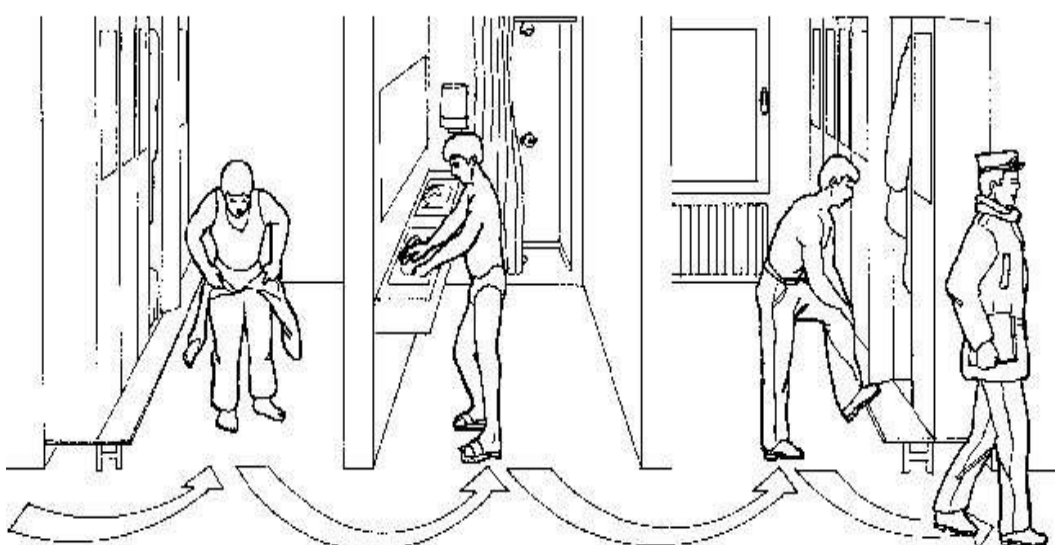
Do not take workplace contaminants. hazards home with you!

Lack of personal cleanliness can affect your family's health.



Your family can be exposed to hazards you work with if you bring chemicals and other workplace contaminants home with you on your clothes, hair or skin. Before you leave work, wash/shower and change your clothes when necessary to prevent bringing workplace contaminants home.

Leave your dirty clothes at work or, if you must wash them at home, wash them separately — not with the family wash.



It may seem that the amount of contaminant you can bring home on your clothes or skin is very small and cannot hurt your family. In reality a small exposure every day for months can add up to a big exposure. A classic example of this —spreading the hazardll involves asbestos, where wives of asbestos workers have developed asbestosis from exposure to the asbestos on their husbands' work clothes. Similarly, children have developed lead poisoning from exposure to lead which comes home on their parents' work clothes.

If you wear protective clothing at work, such as aprons, laboratory coats, overalls, etc., these should be cleaned regularly and you should inspect them for holes or areas that are worn out. Workers who launder these clothes should be trained in the types of hazards they may work with and how they can be controlled. Inspect your underclothes at home for any signs of contamination with oils, solvents, etc. If you find any signs, then it means your protective clothing at work is not effective.

Electrical Works –

Personal Protective Equipment (PPE)

To protect the employee's body from injury *Personal Protective Equipment (PPE)* must be used.

Basic *PPE* consists of:



Hard hat- Protection form the falling debris form above.



Eye protection should be worn when working with hazardous fluids, particularly mineral oil, to prevent splashes into the eye. They should always be worn when washing down the internal parts of oil circuit breakers.



Safety footwear should be routinely worn in all working areas and the shoes or boots should incorporate steel toe-cap and non-slip soles.



Specific works require specific protective equipment

Safety harness should be worn when working at any height greater than 1.5 m above ground level and a full harness equipped with a connector is preferred. Fall arrest equipment may be necessary when working at high level. Harnesses should be chosen that are suitable for their intended application and should be of a design that will support the user in the correct position. A harness should be comfortable, allowing adequate movement of the user and the unhindered operation of other devices within the system.

Depending on the conditions of the work a sit harnesses may be necessary; sit harness has lateral and central attachment points and are designed primarily to be used for work in suspension, although they may also be used for work restraint purposes.



Respirators can also be necessary when a leakage of *SF6* is suspected. Although *SF6* is not toxic, it degrades under the heat of arcing to gases.

When performing *energized works* or *switching operations* insulated gloves and dielectric shoes are required.



The gloves must be tested and suitable for the working voltage. Labeling chart for insulated gloves according to *ANSI/ASTM* (***ANSI***: American National Standards Institute. ***ASTM***: American Society for Testing and Materials) Standard D120



Coverall- protect electrician from any hot surface. Coveralls are covered with asbestos as insulator.

