



---

## Risk Element

PPE is equipment that will protect the user against health or safety risks at work. Items, include Safety Helmets, Gloves, Eye Protection, High-visibility Clothing, Safety Footwear and Safety Harnesses, also Respiratory Protective Equipment (RPE).

### Provision

Protective clothing, dust masks, gloves, eye protection etc. may be issued to you for certain operations. Your safety depends on using any equipment provided.

Any loss or damage of equipment should be reported to your supervisor or manager immediately.

### Issuing

- All personal protective equipment is obtainable from your supervisor or manager;
- Dust masks and gloves are to be discarded if dirty or contaminated and replaced with new;
- If prescription safety spectacles are required, please inform your supervisor or manager for authorisation before purchase.

### Suitability

Whatever the activity an assessment must be made to ensure the equipment is suitable for the job in hand and compatible with the user and potential interaction with other PPE equipment. Users are to be aware of potential entanglement with machinery and rotating parts.

### Training

Adequate training will be given to ensure all users are aware of its use to its full effectiveness.

### Storage

Storage facilities will be provided to ensure the PPE is adequately protected from damage or contamination.

### Review

The PPE is to be examined regularly by your supervisor or manager to ensure it is in good working order and fit for use.

## Types of PPE

### Eyes

#### Hazards

Chemical or metal splash, dust, projectiles, gas and vapour, radiation.

#### Options

Safety spectacles, goggles, face screens, face shields, visors.

**NOTE: Make sure the eye protection chosen has the right combination of impact/dust/splash/molten metal eye protection for the task and fits the user properly.**

### Head and Neck

#### Hazards

Impact from falling or flying objects, risk of head bumping, hair getting tangled in machinery, chemical drips or splash, climate or temperature.

#### Options

Industrial safety helmets, bump caps, hairnets and firefighters' helmets.

**NOTE: Some safety helmets incorporate or can be fitted with specially-designed eye or hearing protection.**

Don't forget neck protection, e.g. scarves for use during welding.

### Ears

#### Hazards

Noise – a combination of sound level and duration of exposure, very high-level sounds are a hazard even with short duration.

#### Options

Earplugs, earmuffs, semi-insert/canal caps.

**Note: Provide the right hearing protectors for the type of work, and make sure workers know how to fit them. Choose protectors that reduce noise to an acceptable level, while allowing for safety and communication.**

### Hands and Arms

#### Hazards

Abrasion, temperature extremes, cuts and punctures, impact, chemicals, electric shock, radiation, vibration, biological agents and prolonged immersion in water.

#### Options

Gloves, gloves with a cuff, gauntlets and sleeving that covers part or all of the arm.

Wearing gloves for long periods can make the skin hot and sweaty, leading to skin problems. Using separate cotton inner gloves can help prevent this.

**NOTE: Avoid gloves when operating machines such as bench drills where the gloves might get caught. Some materials are quickly penetrated by chemicals, barrier creams are unreliable and are no substitute for proper PPE.**

## Feet and Legs

### Hazards

Wet, hot and cold conditions, electrostatic build-up, slipping, cuts and punctures, falling objects, heavy loads, metal and chemical splash, vehicles.

### Options

Safety boots and shoes with protective toecaps and penetration-resistant, mid-sole wellington boots and specific footwear.

**Note: Footwear can have a variety of sole patterns and materials to help prevent slips in different conditions, including oil - or chemical-resistant soles. It can also be anti-static, electrically conductive or thermally insulating. Appropriate footwear should be selected for the risks identified.**

## Lungs

### Hazards

Oxygen-deficient atmospheres, dusts, gases and vapours.

### Options

Respiratory Protective Equipment (RPE), some respirators rely on filtering contaminants from workplace air. These include simple filtering face pieces and respirators and power-assisted respirators. Make sure it fits properly, e.g. for tight-fitting respirators (filtering face pieces, half and full masks).

There are also types of breathing apparatus, which give an independent supply of breathable air, e.g. fresh-air hose, compressed airline, and self-contained breathing apparatus.

Where there is a shortage of oxygen or any danger of losing consciousness due to exposure to high levels of harmful fumes, only use breathing apparatus never use a filtering cartridge.

You will need to use breathing apparatus in a confined space or if there is a chance of an oxygen deficiency in the work area.

**Note: The right type of respirator filter must be used as each is effective for only a limited range of substances. Filters have only a limited life.**

## Whole Body

### Hazards

Heat, chemical or metal splash, spray from pressure leaks or spray guns, contaminated dust, impact or penetration, excessive wear or entanglement of own clothing.

### Options

Conventional or disposable overalls, boiler suits, aprons, chemical suits.

**NOTE: The choice of materials includes flame-retardant, anti-static, chain mail, chemically impermeable, and high-visibility. Don't forget other protection, like safety harnesses or life jackets.**