

## Personal Protective Equipment

Personal protective equipment (PPE) can reduce the number and severity injuries and illnesses. Personal protective equipment not only helps protect people but also improves productivity and profits.

Employees can share in these benefits by using the appropriate protective equipment for themselves, family members and employees when the job and its potential hazards call for it.

**Head Protection:** Hardhats are mandatory for many jobs. Hard Hats must be worn in ALL CONSTRUCTION AREAS. Wear a hardhat approved for the type of work being done. Be sure the hardhat fits well. Keep the chin strap fastened if working in an area with danger of falling debris. Wear the hardhat until exiting the work area. Use a sun safety hat (one with a wide brim and neck protection) to assist in the prevention of skin cancer.

**Hearing Protection:** Protect your ears with earplugs or earmuffs on a job with high noise. Even a usually quiet job site may have times when construction or cleaning crews make excessive noise. Discard disposable ear plugs after each use. Wash hands before inserting earplugs and wipe off muffs with a mild cleaning solution to prevent ear contamination.

**Face & Eye Protection:** Goggles and safety glasses keep materials from splashing or being thrown into the eyes. Goggles or safety glasses protect the eyes from flying objects or hazardous fluids, as well as from computer glare and sunlight. Wear properly-fitting glasses or goggles made from high-quality safety materials. Fasten side guards onto glasses for further protection. Have prescription safety glasses made if you wear prescription glasses. Full face masks are needed in jobs where chemicals or welding sparks can burn the face and eyes. Unless the mask is attached to respirators, wear the mask WITH safety glasses or goggles.

**Respiratory Protection:** Protect your lungs with the correct respiratory equipment (dust masks, cartridge respirators, gas masks, air pacts) when working in dusty or moldy conditions, spray painting, applying chemicals, working in bins, tanks, silos, and manure storage places.

**Arm & Foot Protection:** Nonslip shoes are sufficient for many jobs. Steel-toe boots are needed for most factory, construction, and lawn-care jobs, or for working on slick or debris-ridden surfaces. Tie the shoes or boots tightly to prevent harmful materials from damaging feet or ankles. Protect your feet with safety shoes or boots with non-slip soles and heels. Arms can be protected with long gloves, long potholder mitts, or long sleeves, depending on the job being performed. Be sure that materials or liquids cannot fall from a higher workspace into the top of the long gloves or mitts.

**Fall Protection:** Prevent fall injuries or death by wearing the correct harness or safety belt. Choose a harness or safety belt for its effectiveness in preventing falls. Wear well-fitting equipment. Refuse to use damaged fall-protection gear. Training with the Safety Office is required prior to climbing with Fall Protection.