

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Wearing the proper clothing and personal protective equipment in the work environment is critical. Appropriate clothing is your first and often only line of defense against many safety and health hazards.



Unless otherwise agreed upon, workers are responsible for providing their own work attire, including suitable clothing, shirts, long pants, gloves, and safety headgear. When choosing your work attire, keep in mind that wearing stylish clothing can create a bigger hazard or may not provide protection from hazards while you work. Proper clothing that protects is the key. It is not uncommon to hear about tragedies that have taken place when a worker who was wearing loose clothing got too close to an operating machine and was drawn into the machine. Machines are powerful and unforgiving! Loose clothing is never appropriate in an industrial workplace.

Protect your feet. Standard footwear for most industries should be sturdy leather and provide protection for the ankle, sole and toes. Use footwear that bears the CSA safety symbol. Ensure laces are tied up at all times to avoid snagging or tripping.

Hand Protection is necessary for certain tasks. Gloves are generally inexpensive, easily available and guard against many hazards. They can protect hands from exposures ranging from chemical spills and cuts, to heat and cold. Hand protection comes in huge assortment of styles, materials and sizes. All of them are made to protect your hands from specific hazards. It is important to select the proper kind and style of glove to effectively protect hands from the hazards that may be encountered.

Jewelry in the workplace can also be a hazard that is often overlooked. Rings, bracelets, and chains can be the cause of a much more severe hand related accident. Common sense should be considered when wearing your jewelry. The best choice is to keep your jewelry at home.

Head Protection is a must when entering a construction site. Hard hats should be worn at the work site whenever there is an overhead hazard. A hard hat can not only protect you from the rain, it can save your life! Hard hats should be chinstrap or ratchet styled if your job involves constant bending and your head is below the waistline. Inspect it regularly and change the suspension harness at least every five year.

Eye or face protection must be worn whenever there is a risk or danger to the eye or face. The benefits received from eye and face protection are significant. It is important to choose the correct protection for the job at hand. Safety glasses are a sure way to help save your eyesight!