



PERSONAL PROTECTIVE EQUIPMENT: PROTECTING YOU FROM HAZARDS

HSE SAFETY MOMENTS



PERSONAL PROTECTIVE EQUIPMENT

Personal Protective Equipment (PPE) are equipment that workers wear to protect themselves from hazards in their work environment. They are used as barriers between a person and a hazard. Their main purpose is to prevent injuries by protecting people from unnecessary exposure to hazards on the job.

A hazard is the potential for harm. It is often associated with a condition or activity that if left uncontrolled can result in an injury, damage or even death. The hazards addressed by protective equipment include physical, electrical, heat, chemicals, biohazards, and airborne particulate matter.



TYPES OF HAZARDS AND THEIR SOURCES

- Impact Hazards:** Falling objects or potential for dropping objects.
- Penetration Hazards:** Objects or machinery that may cause punctures, cuts, or abrasions.
- Compression Hazards:** Machinery/heavy objects that may roll over and crush or pinch the feet.
- Chemical Hazards:** Chemical exposures from inhalation or contact with the skin and eyes.
- Heat Hazards:** Hot work areas and sources of high temperature that could result in burns, eye injury, or ignition of PPE.
- Respiratory Hazards:** Dust from sandblasting, sawing, grinding, or other generation of airborne dust.
- Optical Radiation:** Sources of light radiation (welding, cutting, lasers, high intensity lights).
- Biological Hazards:** Exposures to blood or other body fluids, mold, or other biological exposures.
- Electrical Hazards:** Electric shock (from faulty electrical fittings).
- Noise Hazards:** Excessive noise (louder than a hair dryer).



PPE ITEMS AND THE HAZARDS THEY PREVENT

- Coveralls:** Protects our bodies from heat, chemical splash, contaminated dust, impact or penetration, excessive wear or entanglement of own clothing.
- Earmuffs:** Protects our ears from noise hazards caused by excessively loud conditions, activities or machinery.
- Hard hats:** Protects our heads from impact from falling or flying objects, risk of head bumping, hair getting tangled in machinery, chemical drips or splash.
- Safety Boots:** Protect our feet from slipping, cuts and punctures, falling objects, heavy loads, chemical splash and moving vehicle tires.
- Hand Gloves:** Protect our hands from abrasion, extreme temperatures, cuts and punctures, chemicals, electric shock, radiation, biological agents and prolonged immersion in water.
- Nose Masks:** Protect our lungs and respiratory system from harmful dusts, gases and vapours.
- Safety Goggles:** Protect our eyes from chemical or metal splash, dust, projectiles, gases, vapor, and harmful light waves.



COMMONLY USED PPE ITEMS



Ear Muffs



Hard Hat



Nose mask



Coveralls



Safety Goggles



Hand Gloves



Safety Shoes