

PERSONAL PROTECTIVE EQUIPMENT

Personal Protective Equipment (PPE) is a general term referring to any equipment that is worn by a worker, in order to protect them from injury (such as safety glasses, hearing protection, safety shoes, gloves, etc.). PPE required by the *Occupational Health and Safety Act (OHS)*, any regulation, or your employer must be worn.

Employer Responsibilities

- Identify the hazards in the workplace, and control as best possible before using PPE
- Put up signs where PPE is required
- Make sure employees always use the necessary PPE, and that it is used properly
- Train employees in how to use the right equipment, materials, and PPE
- All PPE is maintained in good working condition
- All PPE and procedures for their use follow the requirements set out in the *OHS*

Your Responsibilities

- Use or wear all the PPE specified on equipment, products, or material safety data sheets; that are required by your employer, the *OHS*, or any regulation
- Inspect your PPE before each use to make sure it is in good condition
- Be sure to follow the instructions on how to use your PPE correctly
- Tell your supervisor about any broken, worn, or missing PPE
- Ask your supervisor which PPE to use for a job if you are unsure

In general, there are many types of jobs or tasks which require that PPE be worn to protect workers from harm. Always wear the appropriate PPE for the hazards that may be encountered in the job or that is required by your employer, or the legislation.

Eye Protection

Needed when:

- Welding, cutting and brazing
- Sawing
- Grinding
- Spray painting
- Sunlight
- Dusty environments
- Chemical gases, vapours or liquids
- Swinging chains or ropes
- Harmful light
- Any other situation that could cause injury to the eye



Types of Eye Protection

- Safety glasses
- Safety goggles
- Face shields or respirators
- Helmets



All types of eye protection should meet the standards set out by the Canadian Standards Association (CSA).



Head Protection

Hard hats must be worn for protection when there is a hazard of head injury (IER, s.80). Situations that could cause injury may be when working:

- Below other workers or machinery
- Around or under conveyor belts
- Around exposed energized conductors
- Where there may be overhead obstructions

Depending on the job at hand, choose the appropriate class of hard hat:

Classification of Industrial Protective Headwear	Level of Protection
Class C	Impact protective headwear that does not provide dielectric protection
Class E	Impact protective headwear that provides protection against an applied voltage increasing at a uniform rate of 1000 ± 50 V/s up to a maximum of $20\,000 \pm 100$ V. This maximum voltage is maintained for 3 min.
Class G	Impact protective headwear that provides protection against a maximum voltage of 2200 ± 20 V for 1 min.
Type 1	Headwear that provides impact and penetration protection for the crown only
Type 2	Headwear that provides impact and penetration protection for the crown and laterally

As with all PPE, inspect the hard hat before using it for damage, such as a worn headband.

(Source: CSA Z94.1-05, Industrial protective headwear – Performance, selection, care, and use)



Hand and Finger Protection

Gloves can protect hands and forearms from cuts, abrasions, burns, puncture wounds, contact with hazardous chemicals, and some electrical shocks.

Not every job requires gloves – never wear gloves working with or around reciprocating or rotating machine parts.

Choose the right glove for the right job:

Glove Type	Level of Protection
Metal Mesh and Kevlar Knit	Prevents cuts from sharp objects
Leather	Protects against rough objects, chips, sparks and moderate heat
Cotton Fabric	Protects against dirt, splinters and abrasions – improves grip
Rubber, Neoprene, Vinyl	Protects from chemicals. Read specifications on chemical package or material safety data sheet for proper use



Foot Protection

When there is danger of slipping, wear slip-resistant safety shoes or boots, depending on the requirements of the environment and type of work.

Always wear safety boots when there is danger of falling objects or stepping on sharp objects.

Wear the correct type of safety footwear for the job. You can refer to CSA Z195.1-02 Guideline on Selection, Care, and Use of Protective Footwear.

Points to Consider About Clothing and Personal Measures for Protection

To reduce the risk of entanglement:

- Keep long hair tied back or tucked under a hat
- Keep zippers and buttons done up
- Make sure clothing fits close to the body
- Eliminate drawstrings and other dangling pieces from clothing
- Remove hanging threads and fix tears in clothing to prevent entanglement
- Remove jewellery

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Revised: March 2011