

*"For safety's sake—do something."*

## Personal Protective Equipment (PPE)

After all the engineering and administrative controls have been exhausted, PPE is left to be the last line of defense against injuries. PPE is anything that an employee wears to minimize workplace safety risks. It is designed to help protect employees from hazards that cannot be eliminated by other means. If utilized correctly, it can protect against hazards such as flying particles, noise, chemicals, sharp objects, or falling objects, just to name a few. Choosing the correct PPE and wearing it properly can go a long way towards preventing injury to yourself and to others.

### Basic Requirements for PPE

The basic PPE for employees many times is a hard hat, safety glasses, high visibility vest, cut resistant gloves, and even safety boots. Keep in mind that additional PPE could be required based on the hazards that are present. Always check the requirements of your employer or client before going on-site to ensure that you have the required PPE. Inspect your PPE prior to use checking for deformities, defects, and general wear / tear.

Employers are required to train each worker that uses PPE to know: When it is necessary. What kind is necessary. Limitations of the equipment. Proper care, maintenance, useful life, and disposal. How to properly put it on, adjust, wear, and take it off.

### Things to know about your PPE

All PPE should be used as designed and also maintained in a clean and reliable fashion. It should fit comfortably. PPE only works if you use it. It can save your life.

## Meet Your Last Line Of Defense



### Hard Hat

- Provide daily inspection of the shell for cracks and wear.
- Replace the suspension liner if any damage is identified.
- Replace hard hat after any significant strike to the shell.
- Do not paint or add stickers that could cover a crack or defect in the shell.



### Safety Glasses

- Safety glasses must be worn at all times when on a client site or construction project.
- Safety glasses should have the side shields permanently attached to prevent removal.
- Goggles or slip-over safety glasses must be worn over prescription glasses.
- Standard prescription glasses are NOT to be worn as safety glasses.
- Verify client requirements for the frame to face clearance standards.



### Hi-Vis Vest

- Hi-Vis safety vest or clothing should be worn on all construction projects.
- Hi-Vis clothing not required in an office or PPE-free zone.
- Client PPE requirements will take precedence if they are more stringent or if different to accommodate their production, process, or standard practices.
- Hi-Vis safety vest or Hi-Vis clothing shall be kept clean.



### Safety Gloves

- Employees are to use appropriate hand protection when hands are exposed to hazards such as:
  - Skin absorption of harmful substances
  - Severe cuts or lacerations
  - Severe abrasions
  - Punctures
  - Chemical burns
  - Thermal burns
  - Harmful temperature extremes
- Gloves should be carried at times so that they are immediately available when needed.



### Safety Boots

- Protect your feet from injuries.
- Safety shoes must have a steel or composite toe.
- Puncture-resistant insoles are highly recommended.
- Safety shoes should be over the ankle to provide protection from twisting or rolling
- Safety shoes should be slip-resistant and with good tread so that workers have good footing.



### Hearing Protection

- Hearing protection to be carried on all construction and manufacturing sites and worn as applicable to follow all project and client requirements.
- Follow client hearing protection requirements while in their manufacturing or production facilities.
- Follow hearing protection manufacturer guidelines for the proper use and fitting.

For more information on PPE, please visit the [OSHA standards](#) 1910.132 for general industry or 1926.95 for the construction industry.