

PERSONAL PROTECTIVE EQUIPMENT (PPE)

A BRIEF GUIDE FOR WORKERS



Personal protective equipment (PPE) is designed to protect you from workplace accidents or adverse health effects resulting from contact with or exposure to chemical, physical, biological, mechanical, or other workplace hazards, if all other control measures are inadequate or not applicable.

TYPES OF PPE AND ITS INDICATIONS

You are required to use the following PPE if you are involved in work as described below:

Eye Protection

Used in work which can cause an eye injury e.g. welding, grass cutting.



Face Protection

Work which can cause face injury e.g. welding.



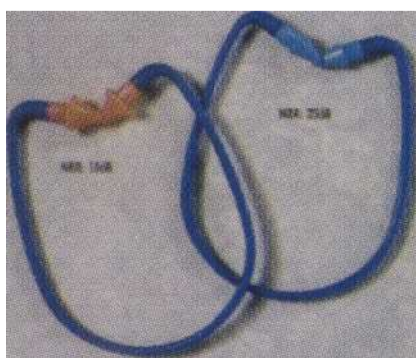
Respiratory Protection (e.g. Respirator, particle mask)

To protect from exposure to harmful dusts, fumes, gases and vapors e.g. quarrying, spray painting.



Hearing Protection

When working in a noisy area e.g. bottling, woodworking.



Head Protection

Working at construction sites or any other area where tools or objects may fall from above.



Foot Protection

Work which can cause foot injury from heavy rolling objects or sharps piercing the sole e.g. car repair workshops.

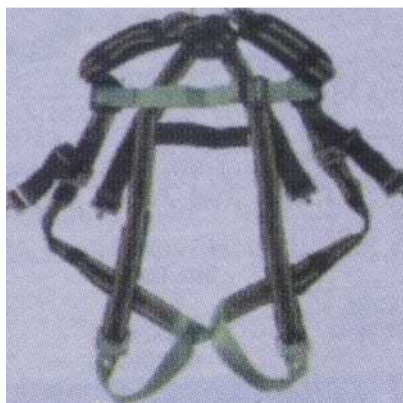


Hand Protection

Wet work or work involving handling of chemicals e.g. restaurant, laboratory.

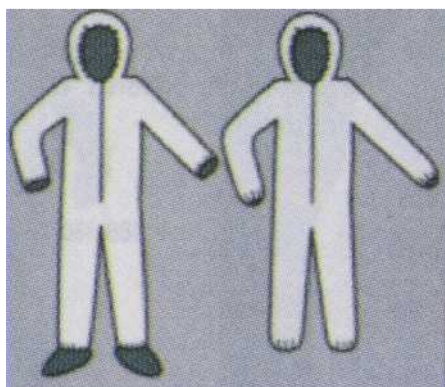
Safety Belts and Safety Harnesses and lines

Used when working on any unguarded raised platform, scaffolds, roof or tower or when working in confined spaces such as tanks, manholes e.g. sewerage worker.



Body Protection

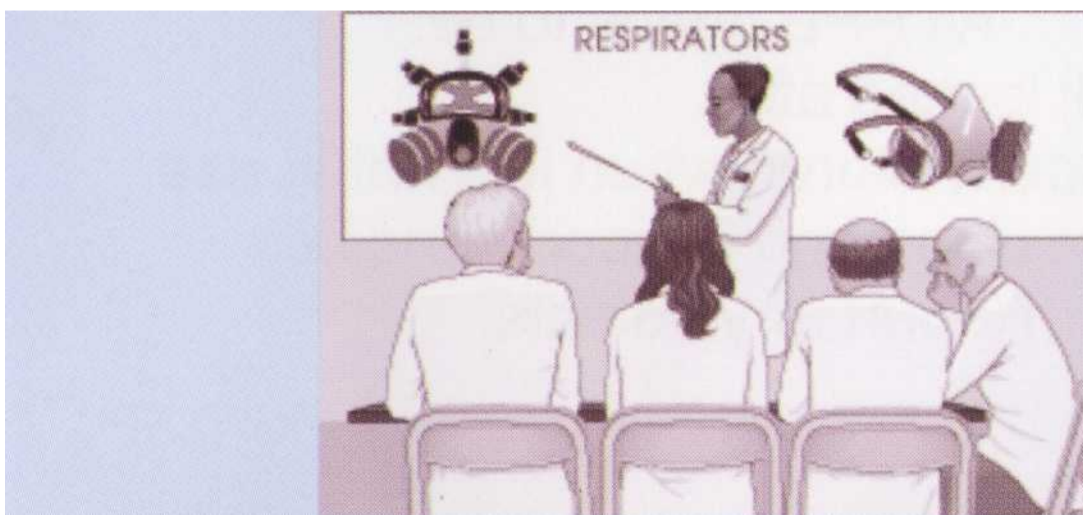
Disposable clothing must be used when involved in work exposed to hazardous substances or poisons e.g. spraymen, work with asbestos.



TRAINING

Ensure that training must be provided to you by your employer or supervisor before you are allowed to work requiring the use of PPE. This includes:-

- a. Awareness of when PPE is necessary.
- b. Knowing what kind of PPE is necessary.
- c. Knowing how to properly put on, remove, and adjust PPE properly.
- d. Understanding the limitations of PPE in protecting you from injury or exposure.
- e. Knowledge of proper care, inspection, maintenance, life span and disposal of PPE.



Employers must ensure that employees must be retrained when there are changes in the operations which impact the use of PPE; when there are changes in the types of PPE to be used; or when inadequacies in their knowledge in use of assigned PPE.

POINTS TO REMEMBER

Workplace hazards needs to be controlled at its source. PPE are indicated if such control measures are ineffective or impracticable.

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Your employer must always provide you with appropriate, accessible and adequate PPE at **NO cost to you.**

Make sure that you are aware of why PPE is needed and when it is to be used.

All PPE needs to be:

- well looked after
- properly stored when it is not in use
- kept clean and in good condition

Report any defects.

Your employer must install safety signs which can be useful reminders to wear PPE.



For further information, please contact:

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