BEST PRACTICE MANUAL

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PERSONAL PROTECTIVE EQUIPMENT

Personal Protective Equipment (PPE) is specialized clothing or equipment designed to protect the wearer’s body from injury and infectious materials.
HOW DO I CHOOSE MY PPE

PPE should be selected based primarily on the hazards identified during the job assessment. However, employers should also take the fit and comfort of PPEs into consideration when selecting appropriate items for each employee.

PPE that fits well and is comfortable to wear and will encourage employee use of PPE.

**BEST PRACTICE**

- PPE TRAINING MODULE DESIGNED BY THUO/PATROBA/GEORGE EWIK

12/08/2020
WHAT IS THE LAW ON PPE’S

The Personal Protective Equipment at Work Regulations seeks to ensure that where risks cannot be controlled by other means PPE should be correctly identified and put into use. If there is a need for PPE items they must be provided free of charge by the employer.

WHO IS RESPONSIBLE FOR PROVIDING PPE’S

Every employer shall ensure that suitable personal protective equipment is provided to his employees who may be exposed to a risk to their health or safety while at work except where and to the extent that such risk has been adequately controlled by other means which are equally or more effective.
IMPORTANCE OF PPE’S

The Importance of Personal Protective Equipment

PPE is equipment that will protect workers against health or safety risks on the job. The purpose is to reduce employee exposure to hazards when engineering and administrative controls are not feasible or effective to reduce these risks to acceptable levels.

TYPES OF PPE’S

PPE’s are classified into different categories

1) Eye and face protection
2) Head protection
3) Respiratory protection
4) Hearing protection
5) Hand and arm protection
6) Foot and leg protection
7) Fall arrest
8) Body protection
EXAMPLES OF PPE’s

- Adjustable face shield
- Ear plugs
- Safety glasses
- Safety gloves
- Respiratory masks
- Safety boots

BEST PRACTICE - PPE TRAINING MODULE DESIGNED BY THUO/PATROBA/GEORGE EWIK

12/08/2020
EYE / FACE PROTECTION.

Safety glasses

Adjustable face shields
HEAD PROTECTION

Helmet/hard hat
RESPIRATORY PROTECTION

- Surgical mask
- N95 respirator
- Full face respirator
- Homemade mask
- P100 respirator
- Self-contained breathing apparatus
HEARING PROTECTION

EAR PLUGS

EAR MUFFS
Because much work is done with the hands, gloves are an essential item in providing skin protection. Some examples of gloves commonly used as PPE include rubber gloves, cut-resistant gloves and heat-resistant gloves.
FOOT AND LEG PROTECTION

Safety boots
FALL ARREST

Personal Fall Arrest Systems

- Anchorage
- Body
- Connector

Harness Fitting

- Chest strap tightened at mid chest
- Proper snugness shoulder to hips
- Leg straps snug but not binding
- Butt strap supports the load
- Harness must be sized for the worker
BODY PROTECTION
FIRST AID KIT
Gauze roll and pads
Instant cold pack
Elastic bandages
Emergency blanket
Antiseptic wipes
Triangular bandage
Scissors
Gloves
First aid manual
Safety pins
Emergency contact information/medical information for family members

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# First aid kit check list

## BS5999-1 Kit Contents

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## Contents

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WHAT HAPPENS IF YOU DON’T USE PPE’S

Without PPE, employees are at risk of:

Cuts and punctures. Chemical burns. Electric shocks. Exposure to excessive noise or vibration.

Understanding the 6 Major Types of Workplace Hazards
PVC (BURNING OF PLASTICS)

Cancer
Disruption of the endocrine system
Reproductive impairment
Impaired child development and birth defects
Neurotoxicity (damage to the brain or its function), and
Immune system suppression
Damage to the nervous systems, blood system and kidneys
Brominated Fire Retardants e.g. wires

- Endocrine disrupters
- Linked to thyroid and liver damage
- Cancer of the digestive and lymph system
- Neurotoxic effects
FLAME RETARDANT: POLYCHLORINATED BIPHENYLS (PCB’S) AND POLYCHLORINATED BIPHENYL-ETHER

Source: Plastic casing, plastic wiring casing

Use PPE
Don’t burn
Environmental hazard
Toxic
CHROMIUM

DNA damage, hereditary effects

Bronchitis

Skin reactions

Nerve damage
Skin rashes

kidney damage

gastrointestinal problems

Nerve damage
WHEN SHOULD YOU NOT WEAR PPE’S

There are three legitimate reasons employees may refuse to wear their PPE: A medical condition which makes the PPE uncomfortable or harmful to wear. Ill-fitting PPE that compromises safety. Sikhs who wear a turban – they are exempt from wearing head protection when working on construction sites.

If the PPE’S are faulty or not functioning.

III fitting PPE