

AVOID DUST INHALATION



Consider your workmates.
Protect yourself - wear a mask.

Personal Protective Equipment Toolbox Talk

Why is Personal Protective Equipment important?

Health and safety risks cannot always be completely removed via other methods. There will always be jobs and tasks that have an element of risk to them, however, personal protective equipment can be used to reduce these risks to a reasonable and manageable level, and sometimes even completely remove them.

Some tasks that would otherwise be completely unreasonable to complete can be made acceptable through the use of PPE. For example, using extremely loud machinery can significantly damage a person's hearing. Exposure to noise levels of 110dB for more than 1 minute risks permanent hearing loss. Hearing protection can be used to make using loud equipment possible.

Making the workplace safe includes providing instructions, procedures, training and supervision to encourage people to work safely and responsibly. Even where engineering controls and safe systems of work have been applied, some hazards might remain. These include injuries to:

- **the lungs**, e.g. from breathing in contaminated air; protection from physical, chemical and biological hazards
- **the head and feet**, e.g. from falling materials
- **the eyes**, e.g. from flying particles or splashes of corrosive liquids; physical and chemical hazards e.g. UV light and acids
- **the skin**, e.g. from contact with corrosive materials; physical and chemical hazards
- **the body**, e.g. from extremes of heat or cold
- **the ears**, e.g. protection from hazardous noise

What do I have to do?

PPE is considered as a last resort and hence needs to be worn when identified in RAMS. If PPE is needed after implementing other controls (and there will be circumstances when it is, e.g. head protection on most construction sites), you must use the provided equipment.

When must PPE be disposed of?

Personal Protective Equipment must be disposed of when it no longer provides adequate or suitable protection. [According to HSE:](#)

- **Adequate** – It is right for the hazard and reduces exposure to the level required to protect the wearer's health.
- **Suitable** – It is right for the wearer, task and environment, such that the wearer can work freely and without additional risks due to the RPE.

HOW'S YOUR IMAGE?



Keep clothes and kit clean.

Personal Protective Equipment Toolbox Talk

What does 5 point PPE mean?

1. Hard hat (to include a chin strap when working from height or in windy conditions); High visibility vest; Steel toe capped boots; Gloves; Safety goggles.
2. Other examples of PPE include: respirators, dust mask, safety harnesses, ear-plugs
3. During the course of your work, building and construction workers will have to wear some items of personal protective clothing as a matter of course.
4. Other PPE will have to be provided and worn as required, as indicated by the findings of a risk assessment or safe system of work.

When selecting and using PPE, your employer will –

1. Choose products which are CE marked in accordance with the Personal Protective Equipment Regulations
2. Regulations
3. Choose equipment that suits the user – consider the size, fit and weight of the PPE. If the users help choose it, they will be more likely to use it
4. If more than one item of PPE is worn at the same time, make sure they can be used together, e.g. wearing safety glasses may disturb the seal of a respirator, causing air leaks
5. Instruct and train people how to use it, e.g. train people to remove gloves without contaminating their skin. Tell them why it is needed, when to use it and what its limitations are.
6. For respiratory protection that has a tight fitting seal, face fit testing must be conducted to ensure the correct fit and selection of mask.
7. Training has to be completed on how to put on and take off a respirator and how to maintain the equipment.

Maintenance

1. PPE must be properly looked after and stored when not in use, e.g. in a dry, clean cupboard. If it is reusable it must be cleaned and kept in good condition.
2. Operatives must make proper use of PPE and report its loss or destruction or any fault in it.
3. It must be in good condition to be fully effective; do not mistreat PPE, your health or life may depend upon it.
4. Record the expiry date or the date the next inspection is due.
5. Checking and changing filters in RPE

Monitor and review

1. Check regularly that PPE is used. If it isn't, find out why not
2. Safety signs can be a useful reminder that PPE should be worn
3. Take note of any changes in equipment, materials and methods – you may need to update what you provide

AMAZING FEETS



Look after them. Make sure your shoes have toe and sole protection.



Personal Protective Equipment Toolbox Talk

Limitations

- PPE will only protect the user.
- It must be used in accordance with the manufacturer's instructions and any training provided; do not misuse

Question: What should you look for on an item of PPE to confirm that it has been made to the required standard?

Answer: The relevant CE mark and grade

Key Notes:

- PPE reduces the risk but does not eliminate the risk
- PPE must be correctly selected and fitted
- Operatives to be trained on how to wear PPE correctly
- PPE needs to be stored, cleaned and maintained properly
- Never allow exemptions from wearing PPE for those jobs that 'only take a few minutes'

Interesting Fact:

PPE has been around for thousands of years, it can be traced back as early as the eighth century BC where it is mentioned in the famous Greek poem called Odyssey by Homer. The poem includes a description of Laertes using gloves to protect his hands from thorns as he is gardening. If you count body armour as PPE it can even go as far back as the eleventh century BC where Chinese warriors wore armour made of rhinoceros skin, it's assumed that body armour even predates any known historical records. Resource: Betafit

