



PERSONAL PROTECTIVE EQUIPMENT

What are PPE's?

PPE is defined in the Regulations as all equipment (including clothing affording protection against the weather) which is intended to be worn or held by a person at work and which protects him against one or more risks to his health or safety.

Face Protection



The majority of impact injuries result from flying or falling objects, or sparks striking the eye. Most of these objects are smaller than a pin head and can cause serious injury such as punctures, abrasions, and contusions.

While working in a hazardous area where the worker is exposed to flying objects, fragments, and particles, primary protective devices such as safety glasses with side shields or goggles must be worn. Secondary protective devices such as face shields are required in conjunction with primary protective devices during severe exposure to impact hazards.

Laser work and similar operations create intense concentrations of heat, ultraviolet, infrared, and reflected light radiation. A laser beam, of sufficient power, can produce intensities greater than those experienced when looking directly at the sun. Unprotected laser exposure may result in eye injuries including retinal burns, cataracts, and permanent blindness. When lasers

produce invisible ultraviolet, or other radiation, both employees and visitors should use appropriate eye protection at all times.



It's simple: Wear Your Safety Glasses!

[How Did This Safety Lens Save an Eye?](#)



Protective Clothing

Wearing protective clothing helps shield people from hazardous chemicals and physical agents.

- Coveralls protect against chemicals, hazardous dust, and heavy lubricants.
- Flame-retardant aprons, coveralls and gloves protect against fire.
- Rubber aprons protect against chemical liquids.
- Aprons protect against burns while welding.
- Hats provide UV protection from the sun.



Hearing Protection

Hearing loss is a serious problem for workers in an industry that exposes them to unsafe noise levels.



Unfortunately, it is a very common work related problem.

Hearing loss is permanent and not reversible! Wearing hearing protection can make the condition totally preventable. It is not only noise levels that can damage hearing but also the duration of time that a worker is exposed to the noise. Hearing protection products should be worn to protect hearing and prevent hearing loss when a worker is exposed to loud, continuous noise.

Hearing protection products are offered in many different types including disposable ear plugs,

re-usable ear plugs, ear muffs, ear muffs that attach to helmets with a variation of noise protection and much more.

Shoe Fitting Pointers



The best time to try on footwear is usually at the end of the day, when your feet are most swollen. However, don't abuse this rule of thumb. The point of waiting until the end of the day is to make sure that the footwear can fit you at your widest-- kind of a "worst case scenario" check.

The first shoe or boot you try on should be for your larger foot. For most people, their larger foot is the opposite from the hand they write with. For example, if you're right handed, your left foot might be bigger. Always fit your footwear to this foot.

Stand up with your shoes on. Walk around a bit. You should be able to wiggle your toes in the front of the shoe.

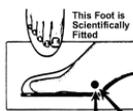
Don't buy shoes that are too tight. If you're at the point where you're hoping they will stretch to be comfortable, they probably won't. It's true that soft leather and suede give slightly, molding to your foot, but they will not dramatically increase in width or length. Fitting problems can occur from a variety of foot problems, caused by ill-fitting or improper footwear.



This shows the space allowance for a foot in any shoe



This Foot is Incorrectly Fitted



This Foot is Scientifically Fitted