

Toolbox Talks**Personal Protective Equipment (PPE)**

PPE is equipment or clothing worn that helps protect you from hazards in your work. It includes goggles, protective gloves, masks, etc. There are limitations with all PPE:

- It is always used as a last resort. Risks should be eliminated or reduced by other means first – eg: don't just jump to a mask when using a disc cutter; get a disc cutter with dust suppression.
- It only protects the user – not others around.
- It has to be the right type/grade for the risk – for example, there are literally hundreds of different types of glove – use the wrong one and it could actually make things worse.
- It has to fit properly, eg: half/full face masks with beards don't work.
- It has to be in good condition to be effective, eg: harnesses have to be inspected every 3 months to make sure.
- It must be used in accordance with the manufacturer's instructions, eg: goggles worn on the helmet don't do much good.

When PPE Is Required:

- Some PPE is mandatory as part of the site rules. On our sites, this would include helmets, boots and high visibility clothing.
- Other PPE will be required to protect you from specific hazards (as a last resort) and be detailed in your employer's risk assessment or method statement.

Some Types Of PPE:

- Eye Protection
 - Could be glasses, goggles or visors
 - Must be clean, not scratched – replace if not
 - Must be the right grade – check
 - Note, safety glasses will not protect you when using disc cutters, they are not a high enough grade.
- Hearing Protection
 - Could be ear plugs or muffs
 - Muffs with glasses don't work
 - Plugs have to be inserted properly and kept clean or it could lead to infection
- Hand Protection
 - Many different types for different risks
 - Wrong type could introduce or increase risk
- Respiratory Protection
 - Could be disposable or non-disposable type
 - Could be half mask, full face mask, head or full breathing apparatus
 - Whatever type, has to fit properly to be effective
 - Has to be the right class/type – Interserve's standard is the highest protection FFP3 – FFP1 and 2 are not permitted. Check the label on yours.
 - Non-disposable RPE needs inspection every 28 days – check. If not, don't use

These are four types of PPE, but there are many more

Questions:

- 1 What should you do if you find an item of your PPE is damaged?
- 2 How can you check your PPE is the right standard?

Remember: Use your PPE properly and look after it – and it should look after you

Further Information:- CIP Manual, Section 18