

PPE: The Right Gear, Worn the Right Way

Why it matters. Personal protective equipment (PPE) — glasses, gloves, hearing protection, hard hats, safety shoes, respirators — is the last barrier between you and a hazard. It only works if it is the right type, fits, is in good condition and is worn the whole time.

KEY POINTS

- PPE is chosen from a hazard assessment of the job. Wear what the task requires.
- It must fit. Gloves that are too big and glasses that slip do not protect.
- Check it before each use. Damaged PPE goes out of service.
- Wear it the whole time you are exposed — not just when someone is watching.
- Know its limits: a dust mask is not a respirator, and a cut glove is not a chemical glove.

STEP BY STEP

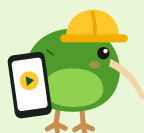
1. Check the PPE required for the task (sign, SOP or job hazard analysis).
2. Pick the right type and size.
3. Inspect it: cracks, holes, worn soles, expired filters.
4. Put it on correctly — for example, roll earplugs and hold them in while they expand.
5. Keep it on for the whole task.
6. Take it off without contaminating yourself, especially gloves.
7. Clean, store or dispose of it as instructed. Report anything damaged.

NEVER

- ✗ Never alter PPE — no holes in hard hats, no cutting gloves.
- ✗ Never use someone else's respirator or earplugs.
- ✗ Never wear damaged PPE "just for this job".

TALK ABOUT IT

1. Which PPE in our area is hardest to wear all shift, and why?
2. Do we have the right sizes for everyone?
3. Where do we get replacement PPE when ours is damaged?



Watch this talk as a short video — and get it in your crew's languages.

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Language used: _____

By signing, I confirm that I attended this talk and understood it.