



03. PERSONAL PROTECTIVE EQUIPMENT (PPE)

Right PPE, Right Way, Right Time – Your Last Line of Defense.



WHY THIS MATTERS

PPE is designed to protect you from workplace hazards when other controls cannot eliminate the risk completely. Wearing the correct PPE and using it properly can prevent serious injuries and save lives.

TYPES OF PPE – PROTECT WHAT MATTERS



HEAD PROTECTION

Protects against falling objects, bumps, and electrical hazards.



EYE & FACE PROTECTION

Protects eyes and face from flying particles, dust, chemicals, and radiation.



HEARING PROTECTION

Reduces risk of hearing loss from loud noise.



RESPIRATORY PROTECTION

Protects against inhaling harmful dusts, fumes, mists, and gases.



HAND PROTECTION

Protects from cuts, abrasions, chemicals, heat, and electricity.



FOOT PROTECTION

Protects feet from impact, crushing, punctures, and slips.



BODY PROTECTION

Protects against chemical splashes, heat, sparks, and poor visibility.



FALL PROTECTION

Protects against falls from height when working at elevation.



KEY RULES FOR PPE

- ✓ Use the right PPE for the right hazard.
- ✓ Wear it the right way, every time.
- ✓ Inspect before use. Report any damage.
- ✓ Keep PPE clean and well-maintained.
- ✓ Store PPE properly when not in use.
- ✓ Replace worn out or damaged PPE immediately.
- ✓ PPE is personal – do not share with others.
- ✓ Understand the limitations of your PPE.



HOW TO SELECT THE RIGHT PPE – 5 STEPS



PPE INSPECTION CHECKLIST



- ✓ Is the PPE correct for the task and hazard?
- ✓ Is it in good condition (no tears, cracks, or defects)?
- ✓ Is it clean and ready to use?
- ✓ Does it fit properly and comfortably?
- ✓ Has it passed the required certification and is within its validity?

If NOT – DO NOT USE. Report and Replace.

COMMON PPE MISTAKES

- ✗ Not wearing PPE when required
- ✗ Wearing incorrect or inappropriate PPE
- ✗ Not fastening or adjusting PPE properly
- ✗ Using damaged or expired PPE
- ✗ Removing PPE in hazardous areas
- ✗ Sharing PPE with others



DISCUSSION QUESTIONS

- 1 What are the main hazards in our workplace that require PPE?
- 2 Are we using the correct PPE for our tasks?
- 3 What problems do you face with PPE?
- 4 How can we improve PPE usage on site?



KEY TAKEAWAY

PPE is your last line of defense.

It only works if you:

- ✓ Select the right PPE
- ✓ Wear it the right way
- ✓ Take care of it
- ✓ Use it every time



**PROTECT YOURSELF.
PROTECT OTHERS.**

REAL-LIFE EXAMPLE

A worker was cutting metal without wearing safety glasses. A small flying chip entered his eye causing serious injury and time off work. Another worker who always wears his safety glasses walked away unharmed from the same job.



A small step today can prevent a big accident tomorrow.

SUPERVISOR SIGN-OFF

Discussed with crew by: _____ Date: _____



SAFETY MESSAGE

Wear your PPE with pride. It shows you care about yourself, your team, and your families.

