



PERSONAL PROTECTIVE EQUIPMENT (PPE)

OSHA requires the use of personal protective equipment (PPE) to reduce employee exposure to hazards when engineering and administrative controls are not feasible or effective in reducing these exposures to acceptable levels. Employers must determine if PPE should be used to protect their workers.

If PPE is to be used, employers must implement a PPE program. The program should address the hazards present; the selection, maintenance, and use of PPE; the training of employees; and monitoring of the program to ensure its ongoing effectiveness.

HEAD PROTECTION

- Workers must wear hard hats when overhead, falling or flying hazards exist or when danger of shock is present.
- Inspect hard hats routinely for expiration date, dents, cracks, or deterioration.
- If a hard hat has taken a heavy blow or electrical shock, you must replace it even when you detect no visible damage.
- Maintain hard hats in good condition: do not drill, clean with strong detergents or solvents, paint, or store them in extreme temperatures.
- Do not wear your hard hat backwards unless specifically approved by the hard hat manufacturer and your employer.

EYE AND FACE PROTECTION

- Workers must wear only ANSI approved safety glasses, face shields or goggles for welding, cutting, nailing (including pneumatic), or when working with concrete and/or harmful chemicals and to protect against flying articles. Look for Z87 stamped on the frames.
- Eye and face protectors are designed for particular hazards. Be sure to select the proper type to match the hazard that is present.
- Always replace poorly fitting or damaged safety glasses as soon as possible.
- Workers needing corrective lenses must either wear ANSI approved safety glasses with prescription lenses and frames or wear ANSI approved goggles designed to be worn over their regular prescription glasses.

FOOT PROTECTION

- Residential construction worker must wear shoes or boots with slip-resistant and puncture-resistant soles to prevent slipping and puncture wounds.
- Safety-toed shoes are recommended to prevent crushed toes when working with heavy rolling equipment or falling objects.

HAND PROTECTION

- High-quality gloves can prevent injury. Make sure that gloves should fit snugly.
- Always inspect gloves for cuts, tears, and discoloration that might indicate excessive wear.

- Hands must be clean before putting gloves on and always thoroughly clean the glove's exterior before removing them.
- Glove gauntlets should be taped for working with fiberglass materials.
- Workers should always wear the right gloves for the job (for example, heavy-duty rubber for concrete work, welding gloves for welding). Check the Safety Data Sheet (SDS) for detailed information.
- Never use petroleum-based products (Vaseline) under gloves. They can trap chemicals against your skin if they get into your gloves.

FALL PROTECTION

- Use a safety harness system for fall protection.
- Where fall restraint cannot be installed, use a "personal fall arrest system" (PFAS). A PFAS includes an anchorage, full body harness, and connector such as a lanyard or lifeline.
- A PFAS must be rigged to limit free fall to 6 feet or less without contacting any lower level and limit the arresting forces on the worker to 1,800 pounds or less.
- PFAS components, including safety harnesses, should be inspected before each use for wear, damage, and other deterioration.
- PFAS should be designed, installed, and used under the supervision of a qualified person. They only work correctly when all components are used correctly.

BODY PROTECTION

- Clothing to protect the body should consist at a minimum of long work pants and a sleeved shirt. When hazardous liquids, gases, vapors, or debris are present, the level of protection needed increases. This may include garments of Tyvek, Nomex, or PCV.
- For jobs that leave clothes very contaminated, bring a set of clean clothes to change into at the end of the day. Wash contaminated clothing separately.

HEARING PROTECTION

- Wherever it is not feasible to reduce the noise levels or duration of exposure ear protective devices shall be provided and used.
- Ear protective devices inserted in the ear shall be fitted or determined individually by a competent person.

RESPIRATORY PROTECTION

- Select the correct respirator based on the hazard.
- Inspect the respirator for missing or worn respirator parts.
- To use/wear a respirator, the employee must be medically cleared, trained, and respirator fit tested prior to respirator use.
- Do not share respirators and only use the respirator that has been fitted to you.

DO

- Maintain PPE in a clean, sanitary, serviceable condition.
- Make sure PPE meets applicable recognized performance standards (such as ANSI, National Institute for Occupational Safety and Health, Mine Safety and Health Administration, etc.)

DON'T

- Do not use PPE in lieu of sound engineering and manufacturing practices.
- Do not use PPE without proper training in its use and limitations.
- Do not use damaged or inferior equipment.

REVIEW QUESTIONS

1. The following are examples of Personal Protective Equipment, except:
 - a) Head Protection
 - b) Foot Protection
 - c) Eye and Face Protection
 - d) Ladders**
2. Workers must not wear hard hats when overhead, falling or flying hazards exist or when danger of electrical shock is present.
 - a) True
 - b) False**
3. It is appropriate to maintain PPE in a clean sanitary condition.
 - a) 10 Feet
 - a) True**
 - b) False

Talk Given By:	Date:
Company Name:	Location:
Printed Name	Signature

Under the Occupational Safety and Health Act, employers are responsible for providing a safe and healthy workplace and workers have rights. OSHA can help answer questions or concerns from employers and workers. OSHA's On-site Consultation Program offers free and confidential advice to small and medium-sized businesses, with priority given to high-hazard worksites. For more information, contact your regional or area OSHA office, call 1-800-321-OSHA (6742), or visit www.osha.gov.

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