



Know Your PPE Part 1

Reason for Talk

PPE is the last resort for workplace safety. If the hazard cannot be removed from the workplace or engineered out through mechanisms, and employee exposure to the hazard cannot be mitigated by work practices, then, and only then, should the employer consider providing PPE for their employees. PPE is equipment worn to minimize exposure to a variety of hazards.

Main Discussion Point

Protect yourself by knowing the hazards you're exposed to, choosing the appropriate PPE and wearing that PPE properly.

Discussion Questions

1. What types of eye protection are required in your work area?
2. What type of hearing protection do you need to wear to keep you safe on the job?
3. What type of eye and hearing protection do you prefer to use?
4. Do you know how to wear your PPE correctly?

PPE for the Eyes and Face:

- **Safety glasses** protect the eyes from impact injuries and flying particles.
- **Goggles** provide protection from impact, dust and splashes.
- **Welding shields** protect eyes from burns caused by infrared or intense radiant light; they also protect both the eyes and face from flying sparks, metal spatter and slag chips produced during welding, brazing, soldering and cutting operations. Filter lenses need to have the shade number that is appropriate to protect against the specific hazards of the work being performed, to protect against harmful light radiation.
- **Face shields** protect against nuisance dusts and potential splashes or sprays of hazardous liquids but do not provide adequate protection against impact hazards. Face shields used in combination with goggles or safety glasses will provide additional protection against impact hazards.



PPE for Hearing Protection

Hearing protection effectiveness is dependent on the Noise Reduction Rating (NRR) for the device and proper usage per manufacturer's instructions.

- **Single-use earplugs** are made of waxed cotton, foam, silicone rubber or fiberglass wool. They are self-forming and, when properly inserted, they work as well as most molded earplugs.
- **Pre-formed or molded earplugs** must be individually fitted by a professional and can be disposable or reusable. Reusable plugs should be cleaned after each use.
- **Earmuffs** require a perfect seal around the ear. Glasses, facial hair, long hair or facial movements such as chewing may reduce the protective value of earmuffs.
- **Canal caps** have flexible tips that act as caps which plug the ear canal. They do not give you as much protection as ear plugs or earmuffs. Canal caps are ideal for situations where hearing protection must be taken on and off frequently. They are NOT designed for continuous, long-term wearing.





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Facilitator Tip Sheet

1. Engage Employees

- a. Lead Employees – Do not Read to Employees
- b. Make Eye Contact
- c. Be in close proximity of your audience (Ex: Huddle)
- d. Eliminate any distractions (Ex: Noise, other communications)
- e. Position the group around you, but not behind you
- f. Project your voice, in order for the furthest person to hear you
- g. Use Props and Visual Aids when possible
- h. Rotate employees or other leaders to conduct meeting. This will help promote ownership in Safety

2. Ask open ended questions

- a. Ask – Don't tell. Never tell them something, that they can tell you.
- b. The more information employees can tell you, the more they take ownership of that information.
- c. Don't ask questions that can have a yes or no or short response reply.
**Example of Closed Ended Question – "Is everyone going to work safely today?"*
**Example of Open Ended Question – "John, you are working in the press department, what are you going to do today to work safely?"*

3. Verify that employees comprehend and retain the information

- a. Verify they are listening to you and not just hearing you? They must be engaged by the speaker to be really listening to what is being said. Give them reason to listen by relating to them.
**Example: "John, who do you have at home relying on you to return safely from work?"*
- b. Ask, Show and Do (Ask the right questions, show a visual aid, do a hands-on demonstration with a volunteer(s).
- c. Providing hands on engagement leads to the information being driven into the long term memory.
- d. Get feedback of understanding and comprehension. Ask an open ended question.
**Example: "John, can you quickly summarize what we talked about today?"*

Communicate



Engage



Seek
Feedback



Improve