



TRAINER'S Personal Protective Equipment (PPE)

GOAL

To promote the proper use of all required personal protective equipment to protect against workplace hazards that can cause injury.





LEARNING OBJECTIVES

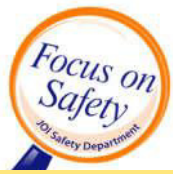
- Know the common types of PPE
- Recognize what PPE is required/necessary
- Know the protections each PPE provides
- Know the proper care and maintenance of PPE

WHAT IS PERSONAL PROTECTIVE EQUIPMENT (PPE)?



Personal Protective Equipment (PPE) is the last method used to prevent exposure to hazards. PPE provides a barrier to protect the worker from potential exposure to hazards, but it is important to note that it does not completely eliminate them. **This is important to note. Just because we wear PPE does not mean that the hazard no longer exists. You still have to be aware and work with caution.** Due to the reliance on the worker to select, wear, and maintain PPE, the likelihood of exposure to a hazard with PPE alone increases.

WHAT ARE COMMON TYPES OF PPE?

HEAD		<p>Class B: Provides the highest level of protection against electrical hazards, with high voltage shock and burn protection (up to 20K volts). They also provide protection from impact and penetration hazards from flying/falling objects.</p>
EYES		<p>Polycarbonate lens: Provides protection when working with chemical, biological, and physical hazards.</p> <p>If you work with corrosive chemicals, you must wear appropriate eye protection. How can you tell if the chemical you're using is corrosive? You need to look at the Safety Data Sheet of any chemical you're using so you can familiarize yourself with the chemical. The SDS will tell you if the chemical is corrosive. If you need any assistance with reviewing an SDS. Please see me and I will help you.</p>
EARS		<p>Disposable ear plugs: Protection while working with or near loud equipment, noises, sounds, alarms, etc.</p>
HANDS		<p>Disposable nitrile gloves: Provides protection when working with biological hazards and chemicals of small quantity.</p> <p>Should you use gloves that are really big, really small, or your actual size? You should use gloves that are a good fit for your hand so that it provides proper protection.</p>



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<p>FEET</p>		<p>Slip resistance shoes: Provides protection when working in slippery work environments like food service and medical/clinical settings.</p> <p>Falls from slips can be pretty nasty. It is very important that you wear your slip-resistant shoes to reduce your chances of injury.</p> <p>Safety shoes: Protection against falling objects, rolling, or piercing items. Make sure you wear your safety shoes when it's required.</p>
<p>RESPIRATORY</p>		<p>DUST MASK: Protection against dusts, fumes, mists, microorganisms</p> <p>N95: Protection in dusty environments or working with potentially infectious materials (requires fit test if use is mandatory)</p>

The bottom line is that if you're required to wear personal protective equipment, you must wear them and wear them appropriately. The PPE issued to you are meant to protect you, but they can't protect you if you're wearing them improperly or not wearing them at all. If you have any questions on proper use, please see me for help.

CARE AND MAINTENANCE

All PPE should:

- Be checked prior to each use for cracks, damages, or defects
- Be used appropriately
- Be cared for and maintained properly
- Be replaced as necessary
- Be removed from service if damaged or defective until repaired (if applicable)
- Be disposed of properly if it cannot be repaired to prevent accidental use

Please make sure that you're doing all of these to ensure that your PPE will protect you.

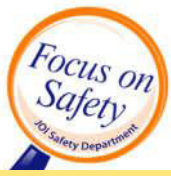
Head Protection: Check prior to each use for cracks, damaged suspension, and chalky appearance. Do not place stickers on hardhat as they can conceal damage. Do not store in direct sunlight. Replace as necessary.

Eye Protection: Check prior to each use for cracks or damage. Keep clean and sanitary. Store in clean area. Replace as necessary.

Face Protection: Check for adequate strap tension. It should not be too loose or too tight. Conduct a self-observation in mirror to evaluate fit and position.

Hand Protection: Check prior to each use for cuts, cracks, or discoloration. Discard single use gloves after use (latex, nitrile, vinyl, etc.) Store in clean area.

Hearing Protection: Check hearing protection for damage or defects prior to use. Store all hearing protection in a clean dry location. Replace disposable ear plugs frequently.



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DO

DON'T

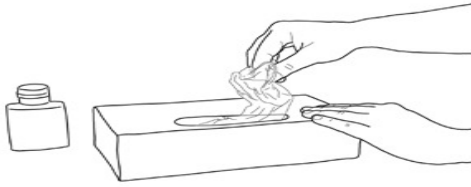


PROPER REMOVAL OF DISPOSABLE GLOVES

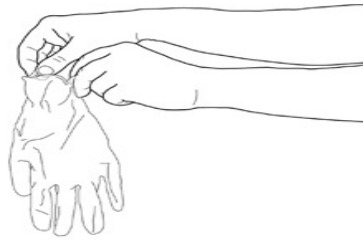
Most of JOI's employees use gloves to protect against dirt, chemicals, infectious materials, etc. It is important for you to know how to properly use your hand protection. Follow these steps to ensure you are protected as you complete your tasks.

REMEMBER: You must wash your hands ***BEFORE*** and ***AFTER*** using gloves.

I. HOW TO DON GLOVES:



1. Take out a glove from its original box



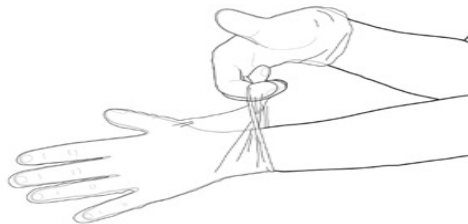
2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



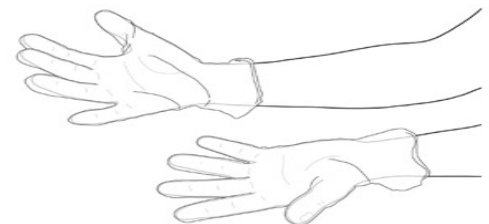
3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist



5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

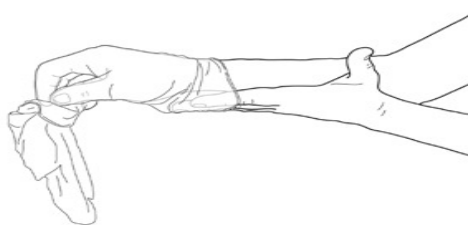


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

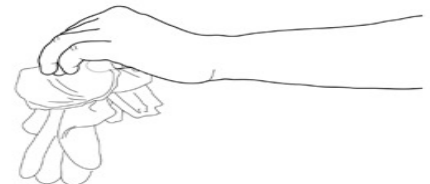
II. HOW TO REMOVE GLOVES:



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove

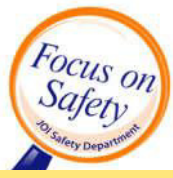


3. Discard the removed gloves

TAKE AWAYS

If you can't remember anything else from this training, at least remember the following:

1. Inspect your PPE before use to ensure there is no damage that will compromise your protection.
2. Wash your hands before and after using disposable gloves.
3. Wear your PPE properly.



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TEST

Let's test your knowledge.

1. PPE provides a barrier to protect the worker from potential exposure to hazards. T F
2. Stickers on hard hat could conceal damage. T F
3. You must wash your hands before and after wearing gloves. T F
4. PPE does not have to be worn properly. T F
5. PPE completely eliminates hazards when worn correctly. T F
6. Disposable gloves can be used more than once if they are washed between uses and do not have tears in them. T F
7. Before each use, you should always inspect your PPE for damages or defects. T F

Name: _____ Site: _____ Date: _____