

Necessary PPE: A Checklist

Common PPE

- Eye and Face Protection**
 - Safety Glasses**
 - Goggles**
 - Face shields**

Check off the above section if it protects from:

Impact Damage

The majority of impact injuries result from flying or falling objects, or sparks striking the eye. Most of these objects are smaller than a pinhead and can cause serious injury such as punctures, abrasions, and contusions.

Heat

Heat injuries may occur to the eye and face when workers are exposed to high temperatures, splashes of molten metal, or hot sparks.

Chemicals

A large percentage of eye injuries are caused by direct contact with chemicals. Serious and irreversible damage can occur when chemical substances contact the eyes in the form of splash, mists, vapors, or fumes.

Dust

Dust is present in the workplace during operations such as woodworking and buffing. Working in a dusty environment can cause eye injuries and presents additional hazards to contact lens wearers.

- Gloves**

Gloves must be worn when there is the potential for injury or exposure to skin contact from chemicals, infectious agents, heat, cold, abrasive, cutting objects, and risk for impact injuries.
- Hard Hat**

Safety hard hats are required in areas that present a hazard of falling objects. Only ANSI Z-89.1-2-1981 approved hard hats shall be worn. OSHA states that hard hats should:

 - Resist penetration by objects
 - Absorb the shock from a blow to the head by an object
 - Be slow to burn
 - Be water-resistant
- Hearing protection**

Noise is measured in units of sound pressure levels called decibels, using sound levels (dBA). OSHA's noise standard (29 CFR 1910.95) requires the use of hearing protection when the employee's noise exposure exceeds an 8-hour time-weighted average sound level (TWA) of 90 dBA (dose of 100 percent).

Safety Toe Shoes

Substantial steel-toe footwear is appropriate for tasks and other areas where the possibility exists for heavy objects to fall on the feet. Some tasks may require the wearing of safety shoes or boots with metatarsal covers.

Specialized PPE

Fall Protection

OSHA requires that fall protection be provided at elevations of four feet in general industry workplaces, five feet in shipyards, six feet in the construction industry and eight feet in longshoring operations. In addition, OSHA requires that fall protection be provided when working over dangerous equipment and machinery, regardless of the fall distance. "Personal fall arrest system" means a system used to arrest an employee in a fall from a working level. It consists of an anchorage, connectors, a body belt or body harness and may include a lanyard, deceleration device, lifeline, or suitable combinations of these.

Respiratory protection

Basic Particulate Masks (i.e. dust mask, medical masks)

For use in nuisance dust only and/or certain biological hazards, with no chemical contamination.

Air-purifying respirator

A respirator with an air-purifying filter, cartridge, or canister that removes specific air contaminants by passing ambient air through the air-purifying elements. Could include certain dusts, sprays, mists, vapors, and fumes.

Air-supplying respirator

A respirator that supplies the user with breathing air from a source independent of the ambient atmosphere and includes supplied-air respirators (SARs) and self-contained breathing apparatus (SCBA) units.

Chemical Resistant Clothing

Chemical protective clothing (CPC) is clothing worn to shield or isolate individuals from the chemical, physical, and biological hazards that may be encountered during hazardous materials operations. Chemical clothing could include the following:

- Gloves
- Boots
- Coveralls (such as Tyvek suit)

Fire Resistant Clothing

Flame-Resistant clothing is made from material that is inherently resistant to flames and embers. Meaning that the threads and fibers will naturally self-extinguish.

Flame-Retardant clothing, on the other hand, is made from materials that have been chemically treated to achieve the same self-extinguishing properties.