

# Tailgate Training Sheet

## Personal Protective Equipment (PPE)



### (OSHA Standard 1910 Subpart I - Personal Protective Equipment)



Personal Protective Equipment, PPE, including equipment for eyes, face, head, and extremities, protective clothing, respiratory devices, and protective shields and barriers, should be provided, used, and maintained in a sanitary and reliable condition wherever it is necessary. For example, when working with or around chemical hazards, radiological hazards, or mechanical irritants that are capable of causing injury in the workplace, PPE is required.

#### Eye and Face Protection:

- Potential Hazards/ Injuries- objects striking the eye, contact with chemicals/pesticides, operations such as grinding, chiseling, and sanding.
- Protective Measures- proper machine guards, work area barriers, proper ventilation, good lighting, warning signs, eyewash stations.
- PPE- Safety glasses/goggles, face shields, welding helmets.



#### Head Protection:

- Potential Hazards/ Injuries- impact to the head, electrical shocks, splashes, spills, and drips.
- How hard hats protect you- they offer a rigid shell that resists and deflects blows to the head, a suspension system inside the hat that acts as a shock absorber, some hats serve as an insulator against electrical shocks, and they shield your scalp, face, neck, and shoulders against splashes, spills, and drips.
- Wear your hard hat- **Always** wear your hard hat while you are working in areas where there are potential head hazards, adjust it for YOUR head, and inspect before use for cracks, dents, etc.



#### Hearing Protection:

- Noise can damage the delicate structure of your ears and cause two types of hearing loss:
  - Conductive- is caused by damage to or a malfunction of the outer and middle ear. It results in a decrease in your hearing, but you can still understand speech. **It can usually be corrected medically or surgically.**
  - Sensory- is a hearing loss caused by damage to or a malfunction of the inner ear, auditory nerve, or the brain. It makes it more difficult to understand speech. **It CANNOT be corrected medically or surgically. It is permanent.**
  - Hearing loss in the **workplace** would most likely be a **sensory hearing loss.**

- Types of hearing protection- foam earplugs, PVC earplugs, earmuffs.



- You should wear a hearing protection device whenever you are exposed to noise that is 85 decibels or greater for an 8-hour period of time.

### Hand Protection:

- Potential Hazards/Injuries- cuts, punctures, crushes, contact with chemicals or pesticides, contact with extreme hot or cold, repetitive motion injuries.
- Preventative Measures- machine guards, lockout/tagout procedures, housekeeping and hygiene, hand washing.
- PPE- there are MANY types of protective gloves. Common examples are vinyl or neoprene, metal mesh, and leather.
- Select and use the right kind of glove for the job you are going to be performing.



### Foot Protection:

- Potential Hazards/Injuries- heavy objects falling, stepping on something sharp, spills and splashes from chemicals, pesticides, etc, heavy machinery or equipment that may roll onto feet, extreme hot, cold, or moisture, slipping.
- Preventative Measures- good housekeeping- poorly maintained machinery, tools, sloppy work areas, and cluttered aisles all contribute to foot injuries.
- PPE- Steel toe shoes will help guard against falling objects, latex rubber will guard against chemical hazards, and PVC protects against moisture.
- Select the right type of footwear for the job and avoid wearing footwear made of leather or cloth if you work around acids or caustics.



**Take care of yourself by taking preventive measures and always wearing the proper PPE!!**