

Personal Protective Equipment (PPE)

Toolbox Talk G20



Do I have to wear safety boots on site?

Yes.

Construction workers are expected to wear protective footwear whilst on site and doing heavy work. The bones in the foot are quite delicate and easily damaged and any muscle or tendon damage can prevent normal movement for several months. Steel toecaps (or equivalent) protect against dropped objects. Midsole protection (usually a steel plate) protects against puncture or penetration if you tread on a nail. If you need to enter or work on a construction site your employer will provide a basic standard of safety footwear. You do not have to pay for this so long as you look after it and make it last a reasonable time. If there are medical reasons why you cannot wear basic safety footwear your employer will pay for suitable kit.

What safety boots should I wear?

There are many different types of Safety Boots available on the market. The Safety Boots you wear must be made to a European standard (BS EN 20345) and should have a CE marking on them. They should have a protective toe cap and a steel mid sole to prevent nails/screws etc. from penetrating the sole of the foot. Footwear can also have a variety of sole patterns and materials to help prevent slips in different conditions, including oil or chemical resistant soles. It can also be anti static, electrically conductive or thermally insulating. It is important that the appropriate footwear is selected for the risks identified.

Remember... If your employer supplies safety boots for you to protect you from residual risks you have a legal duty to wear those boots or speak to your employer to explain why you cannot wear that style of boots.

Gloves

There are many different types of gloves available on the market. There is a glove designed and manufactured for every single job anyone ever carries out. Gloves you wear must be made to a European standard and should have a CE marking on them.

These 4 numbers represent:

Abrasion Resistance

Levels 0 - 4

Blade Cut Resistance

Levels 0 - 5

Tear Resistance

Levels 0 - 4

Puncture Resistance

Levels 0 - 4

How do I know which glove to wear?

Your employers risk assessments should determine the type / grade of gloves you should be wearing for the different tasks you undertake. It is more likely that you will require 2 - 3 different types of gloves for the different activities you undertake. After Abrasion, Cut, Tear & Puncture have been considered the wearing of gloves may come down to personal choice and where someone has an allergy to the material the gloves are made from this also needs to be taken in to consideration. For instance some people have a latex allergy.

How HARD HATS Protect Your Head:

- ⌘ A rigid shell that resists and deflects blows to the head,
- ⌘ A suspension system inside the hat that acts as a shock absorber
- ⌘ A shield for your scalp, face, neck, and shoulders against overhead splashes, spills, and drips of hot or caustic liquids;
- ⌘ Some hats serve as an insulator against electrical shocks
- ⌘ **Impact Hard Hats - MUST conform to BS EN 397**
- ⌘ Most hard hats provide protection from impact or penetration only.
- ⌘ Some hard hats are designed to protect from lateral impact as well as top impact.
- ⌘ Some hats have a full brim for rain protection.
- ⌘ **Bump Caps - MUST conform to BS EN 812**
- ⌘ Bump caps are made from lightweight plastic and are designed only to protect you from bumping your head on protruding objects. Bump caps do not have a suspension system to protect you from falling objects nor do they protect you from electrical shocks.

WARNING: You can never substitute a hard hat for a bump cap.

Using a Hard Hat

Adjust the suspension inside your hard hat so that the hat sits comfortably, but securely on your head. If wearing in windy conditions then ensure you use a chin strap to keep the hard hat on.

Care of Hard Hats

Clean your hard hat as needed to remove oil, grease, chemicals, and sweat that can collect in and around your hat. Prolonged exposure to sunlight and heat can damage your hat; store it in a clean, dry, and cool location out of direct sunlight and away from paints and chemicals.

EYE PROTECTION When to provide PPE for eyes

Suitable PPE for eyes should be provided when:

- ⌘ All other means of controlling exposure have been exhausted.
- ⌘ A risk assessment deems that PPE for the eye is necessary.
- ⌘ Projectiles and flying particles are present.
- ⌘ Splashing from hazardous liquids etc. are present i.e. cement, paints, plaster
- ⌘ Irritant dust and gases etc. are present.

How to select suitable PPE for eyes

A risk assessment needs to be performed to ensure that suitable PPE for the eyes is provided to those persons exposed to hazards that may cause injury to the eyes. The following advice should be considered when selecting suitable eye protection for individual workers:

- ⌘ It should match the hazards associated with the task in hand.
- ⌘ It should provide all round protection for the eyes when there is a risk of exposure to hazardous fumes.
- ⌘ Full face shields may be preferable for hazards such as molten metal and chemical splashes due to the 'misting up' problems associated with goggles.
- ⌘ Safety spectacles may only be considered as suitable where full all round eye protection is not necessary, never for chemical splash or impact e.g. grinding.
- ⌘ There should be an adequate gap between prescription spectacles and eye protectors that are worn over the top of them.
- ⌘ If eye protectors are worn with other PPE e.g. a hard hat and ear defenders, then all of the PPE should be compatible. This may require the employer to try various types of the same PPE from various manufacturers until a good fit is achieved between it and the wearer.
- ⌘ All PPE should be marked with a 'CE' symbol. This demonstrates that it meets the minimum legal standards, usually by conforming to a European Standard. It must also be HSE approved type and standard.

High Visibility Clothing

To be effective HV clothing should be of a colour that will allow the wearer to stand out against the ambient background found in the working environment. In practice the best colours for this purpose are likely to be day glo , or fluorescent yellow.

Where necessary the clothing should also incorporate retroreflective material to make the wearer visible when seen in headlights in poor lighting conditions or during darkness this also helps when Plant Operators are navigating through construction sites. This may require reflective strips at or below waist level on waistcoats or jackets, or strips on trousers.

Employees should wear the HV clothing provided as instructed by your employer. Look after clothing issued to you, check for and report any damage or defects to your employer. Use the storage facilities provided when the clothing is not in use.

Remember: damaged or ill fitting clothing will not protect you properly.

Remember...

Personal Protective Equipment; there to protect YOU, only if you wear it every time you should.

