

# KSU Facilities Safety Bulletin

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## Personal Protective Equipment

Wearing Personal Protective Equipment (PPE) is critical to successfully working in many high-risk work environments. In some cases, PPE stands as the only control for specific hazards. Personal Protective Equipment (PPE) is clothing and equipment that protect various parts of your body against hazards you may be exposed to on the job.

There are so many ways to be injured on a normal worksite, that forsaking personal protective equipment (PPE) is allowing for substantial risk of harm. Damage can occur to the body in several ways, including respiratory distress, accidental ingestion, and what gets absorbed or injected into the skin. That's just to name a few.

### Common PPE Used

#### Head

For example, why wear a hardhat? Head injuries may be caused by falling objects or through contact with a fixed object like a pipe, beam, or heavy equipment. But there's also the possibility of accidentally making contact with electrical hazards. Wearing a safety helmet or hard hat is one of the easiest ways to protect your head from injury. Hard hats must resist penetration by objects, absorb the shock of a blow, be water and fire resistant, and fit properly. It is critical that protective headgear fit properly, or it may not protect you.

#### Eyes

Eye injuries alone account for about 2,000 daily incidents that require some kind of medical treatment. OSHA requires your employer to provide appropriate eye and face protection if you're exposed to any hazard that would endanger these areas. While specific PPE may vary according to task and employer, all eye and face protection should guard against the potential hazard. It should also be comfortable and fit properly, provide unrestricted vision and movement, and allow unrestricted functioning of other required PPE.

## April Vivid Course

All: Personal Protective Equipment

Safety professionals will identify the most effective types of eye and face protection for the specific hazards at your workplace, but here are common, basic types of protection for the eyes and face:

- Safety Glasses
- Safety Goggles
- Face Shields
- Welding Helmet

Selection and proper use of respiratory protection are key elements when guarding against hazardous airborne contaminants. The basic types of respirators are air-purifying and air-supplying.

#### Ears

Many forms of noise can damage hearing, both on and off the job, resulting in a cumulative trauma disorder (CTD) hearing loss. There are many types and styles of hearing protection, each engineered to block or absorb high and low frequency noise. There are three basic types of hearing protection commonly available: ear inserts, ear muffs and canal caps.

#### Hands

The first step in preventing hand injuries is to know the hazards involved in your job and what can be done to eliminate them. Hazards to your hands include such things as pinch points, hot surfaces, cold surfaces, rotating machine parts, sharp edges, and chemicals, to name a few. Wear gloves to protect your hands against germs, splinters and slivers, punctures and cuts, and hot and cold surfaces. Protective footwear guards against two major categories of injury. The first includes injury to the foot itself from punctures, crushing, cuts, burns, and sprains. The second category includes injuries to other parts of the body resulting from slips, trips, or falls.

#### Source:

<https://vividlearningsystems.com/courses/osha/personal-protective-equipment>