

# Guidelines – Personal Protective Equipment



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## 1.0 Introduction

Personal protective equipment (PPE) is an important means of preventing work injuries. Ideally, the best approach is to maintain a safe work environment and eliminate any potential hazards. PPE should only be relied upon as a last line of defence in places where it is not practicable to control the hazards at source

## 2.0 Scope: -

This guideline addresses Personal Protective Equipment requirements that are necessary for the practical safeguarding of employees involved in construction work. The guideline contains use and applicability of Personal Protective equipment used in the construction sites. The aim of this guideline is to raise the awareness of the proper use of PPE in construction sites.

## 3.0 General Requirements:-

The use of PPE generally implies working in a potentially hazardous work environment and its use is a major means of injury prevention. Therefore, it is of prime importance to ensure that the equipment chosen is both reliable and effective, it is being properly used and maintained, and the user has undergone adequate training.

### 3.1 Key Points on the Proper Use of Personal Protective Equipment:-

#### 3.1.1 Proper selection

You must first understand the nature and degree of the potential hazards, and then select appropriate PPE that meets the relevant standards. Furthermore, some PPE (such as breathing apparatus) must



## Guidelines – Personal Protective Equipment

properly fit the physique of the user before they can be effective. PPE must meet the demands of the work environment and should be as comfortable and easy to use as possible.

### 3.1.2 Correct use

You must fully understand and abide by the correct usage methods of the PPE. Examples of incorrect use include different brands of filter being fitted to a respirator or the filters being cleaned with water.

### 3.1.3 Correct maintenance

PPE should be cleaned and dried after use, properly stored and regularly inspected. If you discover any damage to the PPE, you should immediately report this to your supervisor so that it can be replaced.

## 3.2 Selection & use:-

When selecting PPE:

- choose good quality products which are in accordance with the regulations
- choose equipment that suits the wearer – consider the size, fit and weight

Using and distributing PPE to your employers:

- instruct and train people how to use it.
- Advise them why it is needed, when to use it and what its limitations are.
- Never allow exemptions for those jobs that 'only take a few minutes'.
- If something changes on the job, check the PPE is still appropriate – speak with your supervisor, explaining the job to them.
- If in doubt, seek further advice from a supervisor.

PPE shall confirm to following EPSS guidelines no's,

- Head Protection – 14
- Eye & Face Protection – 15
- Hearing protection - 16
- Protective clothing – 17
- Hand protection – 18
- Foot protection – 19
- Safety belt, life line & lanyard-20
- Respiratory protection – 21



# Guidelines – Personal Protective Equipment

## 4.0 The Hazards and Types of PPE:



Fig: Personal Protection

### Eyes:

Hazards: Chemical or Metal splash, dust, projectiles, gas & vapour, radiation

Options: Safety spectacles, goggles, face-shields, visors



### Head:

Hazards: Impact from flying objects, risk of head bumping, hair entanglement

Options: A range of helmets, hard hats



### Breathing:

Hazards: Dust, vapour, gas, oxygen-deficient atmospheres

Options: Disposable filtering face-piece or respirator, half or full-face respirators, air fed helmets, breathing apparatus



### Protecting the Body:

Hazards: Temperature extremes, adverse weather, chemical or metal splash, spray from pressure leaks or spray guns, impact or penetration, contaminated dust, excessive wear or entanglement of own clothing.

Options: Conventional or disposal overalls, boiler suits, specialist protective clothing, eg. Chain-mail aprons, high-visibility clothing



### Hands and Arms:

Hazards: Abrasion, temperature extremes, cuts and punctures, impact, chemicals, electric shock, skin infection, disease or contamination.

Options: Gloves, gauntlets, mitts, wrist-cuffs, armlets.



### Feet and Legs:

Hazards: Wet, electrostatic build-up, slipping, cuts and punctures, falling objects, metal and chemical splash, abrasion.

Options: Safety boots and shoes with protective toe caps and penetration resistant mid-sole, gaiters, leggings, spats.





# Guidelines – Personal Protective Equipment

## 5.0 Training & Maintenance:

### 5.1 Training:

- Make sure anyone using PPE is aware of why it is needed, when to use, repair or replace it, how to report it if there is a fault and its limitations.
- Train and instruct people how to use PPE properly and make sure they are doing this. Include managers and supervisors in the training, they may not need to use the equipment personally, but they do need to ensure their staffs are using it correctly.
- It is important that users wear PPE all the time they are exposed to the risk. Never allow exemptions for those jobs which take 'just a few minutes'.
- Check regularly that PPE is being used and investigate incidents where it is not.
- Safety signs can be useful reminders to wear PPE, make sure that staff understand these signs, what they mean and where they can get equipment, eg. for visitors or contractors.



### 5.2 Maintenance

- Equipment is well looked after and properly stored when it is not being used, eg in a dry, clean cupboard, or for smaller items in a box or case;
- Equipment is kept clean and in good repair – follow the manufacturer's maintenance schedule (including recommended replacement periods and shelf lives);
- Simple maintenance can be carried out by the trained wearer, but more intricate repairs should only be done by specialists;
- Replacement parts match the original, eg respirator filters;
- You identify who is responsible for maintenance and how to do it;
- Employees make proper use of PPE and report its loss or destruction or any fault in it.
- Make sure suitable replacement PPE is always readily available. It may be useful to have a supply of disposable PPE, e.g. for visitors who need protective clothing.
- It is the responsibility of workers to maintain the PPE in good usable condition.
- However damaged PPE shall be replaced immediately by the contractor / employer.





# Guidelines – Personal Protective Equipment

## 6.0 Responsibility:

### 6.1 Issuance of PPE;

- It is the responsibility of the contractor / employer to provide protective clothing including coverall and other PPE required for different operations.
- Contractor / employers shall bear the cost of issuing coverall and PPE's



### 6.2 Responsibility of its use:

- It is the responsibility of line management to implement the effective use of PPE issued to workers.
- Workers must follow the instruction they are given with regard to using & maintaining PPE

## 7.0 References:

- Trakhees –Construction Safety Regulations
- DM Code of Construction Safety Practice
- Occupational Safety & Health administration US
- Health & Safety Executive – UK