

Appendix 2. Detailed guidance for specific work equipment.

2A. Personal Protective Equipment (PPE)

The use of PPE should only be considered a last line of safety when other physical guards and controls cannot be implemented.

Suitability

When choosing an item of PPE consideration should be given to:

- The task and risks for which protection is needed;
- The physical effort required for the task and how long the task lasts;
- Requirements for visibility and communication;
- The environment the task takes place in; and
- The person – consider their health and any ergonomic effects;

Those carrying out the task should be consulted and involved in the selection of PPE.

If more than one item of PPE needs to be worn, the equipment must be compatible (not interfere with other PPE) and continue to be effective against the risks in question.

Maintenance

PPE should be maintained in working order and in good repair. It should be:

- Examined to check for faults and damage;
- Tested if necessary to ensure it is operating as intended;
- Cleaned – and disinfected if appropriate; and
- Repaired or replaced if damaged.

Storage

PPE should be stored to prevent: damage, contamination by dirt and other substances, and loss.

Type Specific PPE Requirements			
Category	Types available	Hazards	Specific Requirements
Head Protection	Industrial safety helmets; bump caps	Low level fixed objects (pipework, scaffold etc); transport activities; construction related work (falling objects).	Replace: <ul style="list-style-type: none"> • After a significant impact; • If deeply scratched or worn; • If the harness is damaged; • If more than five years old. Store out of direct sunlight
Eye and Face	Safety spectacles;	Liquid or chemical splash; ejection of	Ensure the eye/face protection fits the user well
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Protection	goggles; face shields	material when working with tools; Dust, gas or liquid mist from machinery or during cleaning; radiant heat during welding; Laser radiation	<p>and does not fall off easily.</p> <p>Store in a protective case.</p> <p>Laser eyewear should ideally be enclosed to avoid beam penetration (this may not be possible for all types).</p> <p>Consider misting and fogging of eyewear when selecting.</p>
Hand and Arm Protection	Gloves – hand only; gloves with a cuff; gauntlets; sleeving/arm protection.	Handling sharp and pointed objects; cold weather; chemical handling; handling hot objects; cryogenics; work involving radioactive materials	<p>Ensure the wearer is not allergic to, or sensitised by the glove material.</p> <p>Ensure glove users are instructed as to how to handle and remove gloves carefully to avoid contamination of the hands and the inside of the glove.</p> <p>For chemical handling do not use for longer than the recommended breakthrough time.</p>
Protective Clothing	Separates; aprons; overalls, coveralls and body suits.	Working with chemicals; cuts and hazards working with machinery/knives etc.; electrical hazards; electrostatic hazards; cold work; hot work; work in wet areas	<p>Store used/contaminated clothing separately from clean clothing.</p> <p>Clean clothing according to the manufacturer's instructions.</p> <p>Do not wear loose protective clothing near moving machinery.</p>
Foot Protection	Safety boots or shoes (protective toe caps); wellington boots; clogs; other task specific footwear	Falling objects; Sharp Objects piercing the shoe; Slips/Trips/Falls; Hot or Cold conditions; Electrical hazards; Explosive atmospheres; Chemical work; wet work	<p>Comfort is a significant issue. Footwear should be flexible, wet resistant and absorb perspiration. Cushioned soles will make standing more comfortable.</p>
Personal Fall Protections	Work-restraint system; work-positioning system; rope-access system;	Fall from height.	<p>The following should be considered when selecting equipment:</p> <ul style="list-style-type: none"> • Maximum decent height and load;

	rescue system; fall-arrest systems		<ul style="list-style-type: none"> • Safe and secure anchor points; • Type and number of ropes and lanyards; • Specification of ascender/descender devices; • Fall recovery system. <p>Fall protection equipment should be inspected before each use by the user.</p> <p>It should also undergo a statutory inspection every six months.</p> <p>Fall protection equipment that has been used may need to be disposed of – check with the manufacturer.</p>
Hearing Protection	Ear plugs; ear muffs	Noise hazards – noise level and frequency (ies)	<p>Ear Plugs should only be used for short term protection (less than one hour).</p> <p>Ear Muffs can be helmet or head band mounted; and can have communication equipment built in.</p>
Respiratory Protective Equipment (RPE)	Respirators (filter workplace air); breathing apparatus (independent air supply); Nuisance dust masks	Noxious atmospheres; dusty environments; work involving radioactive open sources/materials	<p>First Time users of RPE should inform SHE Group of their work using such protective equipment. Those working with radioactive materials should ensure they have spoken to the RPA about the work.</p> <p>Users should make sure they have the correct RPE and associated filters for the required use.</p> <p>Users of RPE should undergo fit testing to ensure they get the correct size face piece before first use. This should be requested from the supplier.</p> <p>Nuisance dusts masks can only be considered suitable</p>

			<p>for use as PPE if marked as “FFP1, FFP2, or FFP3”. These indicate that the mask contains a filtering face piece.</p> <p>Users of RPE require basic training from the supplier or an experienced user to enable them to use the RPE effectively.</p>
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