

Head Protection PPE

Never Use PPE unless adequately trained and competent to do so - ASK YOUR SUPERVISOR

Prior to use - inspect your PPE. If damage is detected - REMOVE FROM SERVICE IMMEDIATELY.

Head Protection

- Head protection must be worn at all times on a project.
- Hard hats must consist of a shell and suspension that is adequate to protect a person's head against impact and against flying or falling small objects.
- Hard hats must be CSA certified Z94.1-02 Class "E"
- Stickers won't harm the hard hat's performance under normal conditions, but limit their use so the helmet shell can be inspected for signs of damage



Procedures for Fitting Hard Hats:

- 1 The ideal fit for hard hats will leave a little breathing room between the hard shell and the internal suspension structure so that air can flow freely through the area .
- 2 Many models are designed to be adjusted to the user's shape. Adjust the hard hat to fit firmly so it will not slide around, but not too firmly that it feels uncomfortable or results in headaches.
- 3 Place on your head in a position where the hard hat feels secure, yet not painfully tight.
- 4 Skin abrasions are a sign that you are not wearing your hard hat at an appropriate size.



Procedures to Test the Degradation of Polyethylene Shells.

A simple field test can be performed to determine possible degradation of polyethylene shells:

- 1 Compress the shell inward from the sides about 1 inch with both hands, then release the pressure without dropping the shell. The shell should quickly return to its original shape, exhibiting elasticity. There should be no residual deformation.
- 2 Compare the elasticity of the sample with the new shell. If the sample does not exhibit elasticity similar to the new shell, or if it cracks because of brittleness, it should be replaced immediately.

Foot Protection

- CSA approved Grade 1 safety boots or safety shoe bearing a green triangular patch will be worn.
- Other protective footwear classifications may be required depending on the work being performed. Workers who may be at risk of electrical shock will wear Omega rated safety footwear. Waterproof boots meeting the stated standards are acceptable.

Procedures for Fitting Safety Boots:

- 1 When fitting boots, allow for heavy work socks. If extra sock liners or special arch supports are to be worn in the boots, insert these when fitting boots.
- 2 Boots should provide ample "toe room" (toes about 1/2 inch back from the front of steel box toe cap when standing with boots laced).
- 3 Boots should fit snugly around the heel and ankle when laced.
- 4 Safety boots must be laced to the top at all times.



Procedures for Care and Maintenance of Safety Boots/Shoes:

- 1 Always follow manufacturer's instructions and inspect footwear regularly for damage.
- 2 Use a protective coating to make footwear water-resistant.
- 3 Repair or replace worn or defective footwear.
- 4 Electric shock resistance of footwear is greatly reduced by wet conditions and with wear.

Eye Protection

- Eye protection, must be used where there is a danger of flying objects, particles, liquids, sprays, radiant energy, welding flash, or other matter entering the eyes. Protection can take many forms including safety glasses, goggles or full face protection.
- Properly fitted eye protection appropriate to the task and hazard that complies with CSA standards. The minimum requirement is CSA approved safety glasses, equipped with full side shields.
- Use face shields when handling chemicals that could splash and cause eye or skin injury.



Procedures for Selecting and Fitting Safety Glasses:

- 1 Eye size, bridge size and temple length all vary. Safety glasses should be individually fitted.
- 2 Wear safety glasses so that the temples fit comfortably over the ears. The frame should be as close to the face as possible and adequately supported by the bridge of the nose.

Procedures for Care and Maintenance of Safety Glasses:

- 1 Clean safety glasses daily following the manufacturer's instructions.
- 2 Avoid rough handling that can scratch lenses. Scratches impair vision and can weaken lenses.
- 3 Store safety glasses in a clean, dry place where they cannot fall or be stepped on.
- 4 Replace scratched, pitted, broken, bent or ill-fitting glasses. Damaged glasses interfere with vision and do not provide protection.
- 5 Replace damaged parts only with identical parts from the original manufacturer to ensure the same safety rating.

Hearing Protection

- Hearing protection, must be worn or used when workers are exposed to udden or prolonged noise exposure of 85 db or above.
- HPDs include CSA approved earplugs, foam ear plugs or muffs. HPDs will be provided by the company.
- For full details on HPDs and hearing protection, refer to the company safe work practice 'Noise'



Respiratory Protection

- Wherever possible, work areas will be ventilated to reduce hazards from dust, fumes, gases or vapours. Where ventilation is not practical, respiratory protection will used . Respiratory protection will include CSA approved dust masks, air-pruifying respirators and supplied-air respirators.
- For full details on the uses, care and maintenance of respiratory PPE, refer to the company safe work practice 'Respiratory Protection'

Hand Protection

When wearing gloves, select gloves appropriate for the hazards presented by the task. The following chart indicates proper glove selection for most tasks. For specific type of protection required for the task or hazard, the worker should check the Material Data Safety Sheet (MSDS) for the product.



Hazard	Gloves
Cuts and abrasions	Work gloves
Hot/cold objects	Insulated Gloves
Chemical	As specified on MSDS/SDS
Electrical – Under 500 volts	Class '00' rubber gloves
Electrical – Over 500 volts	Class '0' rubber gloves

