

Bi-Weekly Safety Tool Box Talks
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PPE Can Save Your Life

Personal Protective Equipment (PPE) is designed to protect you, but it is only effective if you wear it and use it as the manufacturer intended. Pay attention during PPE training sessions, ask questions, and make sure you understand how to select, use, and maintain all the types of PPE that you will need in order to do your job safely.

Football players, hockey players, and race car drivers all wear helmets in addition to other forms of PPE. Helmets protect wearers from head injuries. You may not be a player out on the field, but you do need a helmet on the jobsite—your hard hat. Wear your hard hat properly to deflect any object that may hit the hat. One group determined to show that hard hats do save lives is the Turtle Club. The club promotes safety by honoring workers who escaped serious injury and even death because they were wearing hard hats. Construction workers can be nominated by their supervisors for free membership.

Construction has a higher rate of eye injuries than any other industry. Eye protection provides a physical barrier to help shield and safeguard your eyes. Many workers would be blind or have impaired vision if it weren't for the protection provided by safety glasses, safety goggles, and face shields. Nails, splinters, bits of metal, cement, dust, flying particles, chemicals, and molten metal are just a few of the many eye hazards on the job. Protect yourself.

Falls continue to be the leading cause of death in the construction industry. But you have the training and

equipment to prevent these kinds of deaths. Fall protection is designed to protect you from falling. All you have to do is wear it and use it correctly. Always tie off when working at heights. Personal fall arrest systems are designed to protect you and save your life. Make it a habit to inspect your gear before each use. Check your buddy's gear, too.

Respirators are an effective way to protect your respiratory system by preventing you from inhaling hazardous dusts, chemicals, and gases. Not all respirators are the same, make sure that you choose respirators that will protect against atmospheres you will be exposed to.

Don't forget about hearing protection. Many cases of hearing loss occur slowly over time, like water eroding rock. You never notice it happening, but over time you can't hear as well, and eventually not at all. Wear hearing protection every time you are in a noisy environment to prevent the erosion of your hearing.

PPE will not prevent all accidents and injuries. For example, wearing safety glasses doesn't mean you can remove guards on tools. You still need to follow good, safe work practices and pay attention to what you're doing and where you're doing it!

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SAFETY REMINDER
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Wearing PPE is a lifesaving habit. If you don't think wearing PPE is important, ask those who have lung cancer, or who have lost eyes, or who cannot hear because they weren't wearing protection.

Safety Manual Reference: *Appendix E PPE program Summary*

I have read the above safety topic.

Employee Name: _____ Date: _____

Employee Signature: _____

"Return after reading and signing to the office with your time card"