**PPE (Personal Protective Equipment )**

PPE Personal Protective Equipment is the necessary equipment that we need to keep us safe on the job. There are many pieces of PPE and many different places have policy’s on where and what PPE is to be worn. The PPE that is required has been designed to keep us from certain hazards. Make sure to know the rules.

Many times we as drivers are picking up or delivering to a location where we have never been before. How do we know what PPE we need. Some places will have posted signs with what the minimum requirements are and some will not. As a general rule it is always good to at least have your safety glasses and high visibility vest on. Many places require long pants and closed toe shoes also if in doubt put them on until you know what the rules are.

**The Minimum PPE you should have readily available**.

1. Hard hat
2. Safety Glasses
3. Closed toe shoes (many places require steel or safety toe shoes)
4. High Visibility Vest or shirt or Jacket**.**
5. Long pants
6. Gloves

**Some places require specialized PPE some is supplied by the Shipper/Receiver, and some is supplied by the employer. Depending on what you are hauling you could also be required to use.**

1. Ear plugs
2. Fall restraint harness
3. Cut resistant Gloves and sleeves
4. Face shield
5. Respirator
6. Rubber gloves

The list can be very extensive depending on what the hazards are. We encounter many hazards every day and need to make sure that we are well protected from them. We need to take the time to evaluate the risks and what we can do to minimize them. For example if there are overhead cranes in operation then I know I will need a hard hat and if there is ground equipment in operation that I should be wearing my High visibility Clothing.

Wearing PPE does not mean that the risk of injury is taken away but it is significantly reduced. If you do not like your eyesight then don’t wear your safety glasses. If you don’t mind having a head injury, then don’t wear your hard hat. If you just don’t mind being injured or killed then don’t wear your PPE. If you want to protect yourself from injury or death then take every step you can to protect yourself.

**Summation**

Many plants, Job sites and yards Require you to wear certain PPE. Be sure to follow their rules. Many places are very serious about safety and will not allow you to load or unload or be on their site without the required PPE. In some cases you may be banned from their Facility. Loss of revenue, Loss of sight or the loss of your life is not worth forgetting or refusing to wear your PPE. It is a simple thing that can save you a lot.