

PPE can include items such as safety helmets, gloves, eye protection, hazmat suits, high-visibility clothing, safety footwear, safety harnesses, ear plugs, ear defenders and respiratory protective equipment (RPE). In appropriate situations disposable PPE may be provided; eg single-use coveralls.

**PUT IT ON! FROM HEAD TO TOE MAKE SURE YOU HAVE THE RIGHT PROTECTION!**

- 50% of all construction workers will suffer a serious eye injury during their career.
- Wearing gloves reduces hand injury risk by 60%.
- 84% of recorded head injuries were not wearing head protection.



## HEAD

- Hard hats provide protection from impact and in some cases electrical shock.
- Never put stickers on your hardhat or leave it in the hot back window of your car, as this can compromise the integrity of the material.

## EYES

- Safety glasses provide protection from debris, dust and chemicals.
- Goggles and glasses can be made with prescription lenses or be designed to wear over prescription glasses.

## EARS

- 85 dBs is the loudest environment you should work in without hearing protection.

## HANDS

- Latex gloves or powders inside gloves can cause reactions. Check for any rashes or swelling.

## FEET

- High ankle work boots provide the slip resistant, steel or hard toe protection of work shoes. They also provide protection from ankle sprains.