

PPE (Personal Protective Equipment)

Personal Protective Equipment (PPE) is clothing or equipment designed to be worn by someone to protect them from the risk of injury or illness.

This may include respiratory protective equipment, hearing protection, eye protection, protective clothing, and safety harness systems.

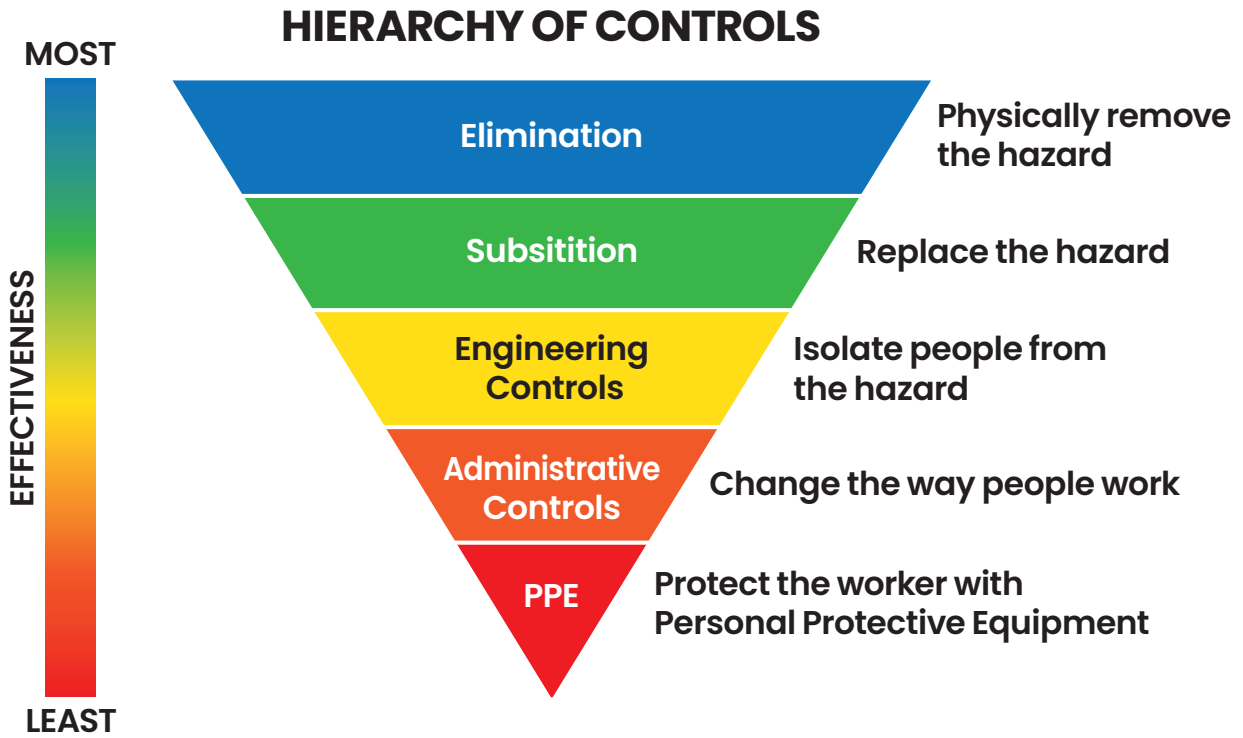
The use of personal protective equipment is lowest on the list of control priorities. These controls should not be relied on as the primary means of risk control until the options higher in the list of control priorities have been exhausted.

There may be **specific PPE requirements** for working with harmful substances or in certain work activities.

Therefore, PPE should only be used:

- As a last resort, where there are no other practical control measures available.
- To be a short-term measure until a more effective way of controlling the risk can be used.
- Together with other controls measures such as local exhaust ventilation.
- By itself during maintenance activities.

Under the Health and Safety at Work Act 2015, employees must wear / use the protective equipment that has been provided to them.



Uses for personal protective equipment

Personal protection in the workplace may be used against:

- Chemicals – risk of inhalation, skin exposure and eye splash.
- High temperatures – causing burns.
- UV – exposure to weather.
- Airborne pollutants – dust, solvents and vapours.
- Radiation.
- Infection – bacteria, fungi.
- Physical injuries – cuts, falls, being struck by falling objects.
- Equipment use – power tools, plant and machinery.
- Electrical faults – power tool use, cables.
- Noise generally.
- Falls or slips when working at height.
- Extremely cold conditions.

Remember – if chickens can wear PPE, so can you!!



Types of personal protective equipment

- Eyes – safety glasses, goggles, face shields.
- Hearing – ear plugs, ear muffs.
- Respiratory – masks, respirators, cartridge filters.
- Head – hard hat.
- Body – overalls, safety harness, high-visibility clothing, gloves.
- Foot – steel-capped boots/shoes.
- Safety at heights – harnesses (installed anchors or restraining cables), roof edge barriers.
- Visibility – hi-visibility vests, jackets.
- Extreme cold – specialised thermal and weatherproof clothing



Selecting PPE

When selecting appropriate clothing or equipment for a task:

- Talk to experts, i.e. those who use the clothing or equipment.
- Ensure clothing or equipment carries a standards mark.
- Ensure that clothing or equipment fits and looks ok (or it will not be used).

Things to consider when selecting PPE

- Match the PPE to the hazard, remembering that a work task may expose workers to more than one hazard. For example, welders may need protection from harmful welding gases and fumes, as well as ultraviolet radiation, hot metal, and sparks.
- How the work is carried out and the level of risk to the worker. For example, a more protective respirator may need to be worn when the level of air contamination is very high.
- How long PPE will need to be worn for
- Work demands of the work activity. For example, the level of physical activity or dexterity required.
- That is to be worn at the same time can be used together.



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Work environment

Understand the impacts of a hot and humid work environment.

If you are protecting against exposure to a substance such as a hazardous chemical or a biological substance, consider how the substance can enter the body. For example where a chemical can be absorbed through the lungs and skin, skin protection as well as respiratory protection may be required.

Choose PPE that meets current NZ/Australian Standards.

Do not reuse single use PPE for example, disposable gloves.



Maintenance

Proper care and maintenance are essential to ensure PPE continues to provide the necessary level of protection.

- Look for broken or damaged parts before using PPE and repair or replace it as needed.
- Replace PPE that has expired or reached its usable lifespan.
- Clean reusable PPE after use and store in a clean area such as a cupboard, drawer or resealable container.
- Report broken, damaged or contaminated PPE.

Sharing PPE

Most PPE is provided for the personal use of a worker. However, PPE may be shared in some circumstances, for example where PPE is only required for limited periods.

Shared PPE must be properly cleaned and disinfected before it is used again to ensure there are no health risks to the next person. Refer to the manufacturer's instructions for appropriate methods.

When wearing more than one item of PPE to protect against substances, such as hazardous chemicals or biological substances, it is important to put on and remove each item correctly. If hands could become contaminated when removing PPE, it is important to wash them thoroughly to prevent accidental contamination.

Watch this film about how to put on and take off PPE.

How to use protective gear



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Remember **STAR** = Good Work Practices **Stop Think Assess Act Review**

Health and safety reps

Your Health and Safety (H&S) Reps are here to represent and assist you (apprentices) in all health and safety matters. If you would like to talk to an H&S Rep or have any H&S issues, feel free to contact any one of them. They will be more than happy to help.

Auckland

Alan Bates 022 015 5671

Waikato

Elizabeth Humberstone 027 806 8879

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Kylie Mason 027 431 5877

Jo Brierley 027 438 8195

Alan Lockett 027 239 6197

September/October health and safety summary

Remember to keep reporting accidents and incidents so we can all learn from them.

It's great to see near misses being reported and we encourage you to keep reporting these so we can prevent an actual injury happening.

- S** Stop
- T** Think
- A** Assess
- A** Act
- R** Review

Lost time injuries	5
First aid injuries	4
No injury	0
Medical treatment injuries	0
Near miss	1
Non work injuries	0
Restricted work injuries	0
Pain/discomfort	0
Total Incidents	10

Incidents

Near miss	Failure to follow LOTO procedure
Nature of injury	No injury
Incident	Apprentice failed to follow the correct Lock Out, Tag Out procedure before working on machinery
Immediate actions taken	No action taken
Corrective actions	Insufficient training and procedures. Apprentice to redo the hosts LOTO procedure and training and redoing ATNZ induction. Discussions had and good resolution reached. STAAR process to be followed

Lost time injury	Crush to fingers
Nature of injury	Being hit by moving objects
Incident	While the apprentice was changing knives on the brake press, one had slightly misaligned. The apprentice tapped the knife with a dead blow hammer to realign it correctly. As they did this, the blade slipped off the locating pin falling out of the groove holding it up. The knife dropped onto the v-block rolling off and out of the v-block onto their left hand crushing 3 fingers
Immediate actions taken	Administered Ice, strapped fingers together. Proceeded to seek medical attention at A&E
Corrective actions	Ensure fingers are clear of the brake press blade. Carry out STAAR assessment on each job and ensure the press blade is secure before completing task

Lost time injury	Inhalation of fumes
Nature of injury	Substances
Incident	Apprentice was purging the weld joint between the dome and tank body. After an hour of welding, it became very difficult to breathe and sharp pain with every breath taken and then started to experience nausea and dizziness shortly after
Immediate actions taken	Immediately stopped work and went straight to urgent care
Corrective actions	Ensure adequate ventilation is used when purge welding. Carry out STAAR assessment and assess what could go wrong if it were to go wrong. Make sure face and breathing area are free of any gases while welding. Try not to weld for prolonged periods

Incidents

First aid injury	Crush to fingers
Nature of injury	Being hit by moving objects
Incident	Apprentice was trying to remove a pin from a slot. They placed fingers at the end of the hammer to tap out the pin. As the pin released the weight, their body squished their finger between the edge of the profile
Immediate actions taken	First aid applied
Corrective actions	Communicated to apprentice to be aware of surroundings when completing tasks. Apply STAAR to their work practices

First aid injury	Burn to hand
Nature of injury	Contact or exposure to heat and cold
Incident	Apprentice had finished welding and took their gloves off. As they put their gloves down they brushed the tip of the mig welder causing a burn to their left hand
Immediate actions taken	First aid applied
Corrective actions	Communicated to apprentice to be aware of surroundings when welding. Apply STAAR to their work practices

Lost time injury	Cut to hand
Nature of injury	Powered hand tools/equipment
Incident	Apprentice slipped with the grinder going between overalls and glove causing small abrasion to their wrist. PPE was being worn at the time of incident
Immediate actions taken	First aid applied and went to doctor for further assessment
Corrective actions	Apprentices was following all processes at the time. Reminded apprentice to apply the STAAR method to their work practices

Incidents

First aid injury	Hit to face
Nature of injury	Being hit by moving objects
Incident	A large U bolt fell onto the right side of the apprentice's face/below the eye while mounting it on steel rafters using a uni strut. Working at heights 4m, on long ladder
Immediate actions taken	Reassessed tasks and secured loose materials
Corrective actions	Extra care when working with loose materials or assembling them onto something. Reminded apprentice to apply the STAAR method to their work practices

Lost time injury	Cut to thumb
Nature of injury	Being hit by moving objects
Incident	Apprentice was cutting a spigot into a spigot box when it popped out of the spigot box cutting left thumb
Immediate actions taken	First aid applied and went to doctor for further assessment
Corrective actions	Communicated to apprentice to be aware of surroundings when completing tasks. Apply STAAR to their work practices

Lost time injury	Contusion to leg
Nature of injury	Being hit by moving objects
Incident	Apprentice was pressing a 32mm plate (300x600). Set up to press 1st half, they turned the plate around & began 1st press. When the pressure came on, the plate slipped off the V block corner, throwing the plate toward the operator! Apprentice was holding an edge as the plate fell. They jumped clear or so they thought, but the plate bounced up off the rubber floor matting & struck them on their left knee & shin causing a contusion
Immediate actions taken	First aid applied and went to doctor for further assessment
Corrective actions	Communicated to apprentice to be aware of surroundings when completing tasks. Apply STAAR to their work practices

Incidents

First aid injury	Burn to eye – Arc eye
Nature of injury	Contact with heat from welding
Incident	While working in the workshop in close proximity to fellow workers that were MIG welding up a chassis at the time, the apprentice got flashed by the MIG welding operation several times. During the course of the day, their eyes started to get irritated, and sore
Immediate actions taken	First aid applied
Corrective actions	Apply STAAR to their work practices. Communicated to the apprentice to ensure they and others are using welding curtains are used to avoid others being exposed to arc flashing

