



# 101 Critical Days of Summer



## Safety Tip #7 – PPE



**From Wikipedia – “Personal protective equipment (PPE)** refers to protective clothing, helmets, goggles, or other garment designed to protect the wearer's body or clothing from injury by blunt impacts, electrical hazards, heat, chemicals, and infection, for job-related occupational safety and health purposes, and in sports, martial arts, combat, etc. body armor is combat-specialized protective gear.

The terms "protective gear" and "protective clothing" are in many cases interchangeable; "protective clothing" is applied to traditional categories of clothing, and "gear" is a more general term and preferably means uniquely protective categories, such as pads, guards, shields, masks, etc.”

**The problem is that we sometimes get in a rush and don't use any PPE or don't use the proper PPE. Whether you are doing projects around the house, swimming, riding a bike (motorized or not) or hiking, you need to wear the proper PPE.**

### Sports

An important part of any sports safety framework is to educate players, parents, coaches, trainers and officials in the appropriate use of protective equipment. This should include the selection, maintenance, proper fit and adjustment of this equipment.

“Teenagers often have a sense of invincibility, which carries over to their sports and leisure pursuits,” said Erica L. Kroncke, M.D., lead author. “Active kids are generally healthy kids, but lack of protective gear in high-risk sports can have an adverse effect on health, in terms of injuries and other patterns of behavior. Parents of young adolescents can have a significant positive influence in promoting equipment use for these ‘extreme’ young athletes.”

With the increased popularity of contact sports and encouragement to participate at an early age, the role of mouth guards in relation to prevention of sporting injuries to dental and other oral tissues has become more important. Dental injuries are the most common type of facial injury sustained during participation in contact sports. The majority are preventable if a professionally fitted mouth guard is worn. Dental injuries often cause considerable pain and distress and frequently present a difficult and costly treatment problem.



### Improper Use

Some examples where care must be taken to avoid improper use in sports usage are:

- The nylon straps for cycling or skate boarding helmets may not be properly fixed, in which they would give no protection in the case of an accident. Cycling, skate boarding and motorcycle helmets should always be discarded after any accident.
- Protective respiratory devices (for SCUBA) must be properly fitted, tested, and periodically checked before use.

When buying or renting equipment you should do some research to see if you have the proper protective equipment before you put your money down. You should read the instructions for use before purchasing the equipment, and should ask the supplier to provide leaflets and other documents containing information about fitting and use of the equipment. It is important to fit the equipment correctly and wear the right size for safety and effectiveness; otherwise the equipment may be a hazard in use.

***Discomfort and lack of perceived need were the factors reported most often for lack of use.***



### Doing Projects around the house?

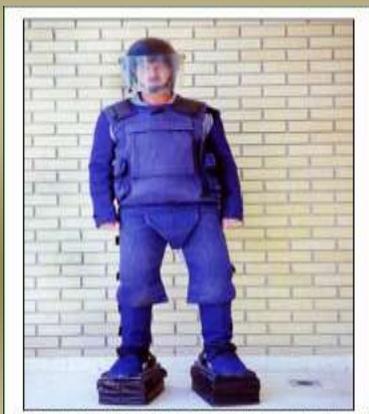
- Protect your head with a hard hat when performing construction work, trimming trees, repairing machinery, and doing other jobs with head injury risks.
- Use a sun safety hat (one with a wide brim and neck protection) to assist in the prevention of skin cancer.
- Protect your vision with appropriate safety eyewear (safety glasses, goggles, face-shields) when applying pesticides, fertilizers, working in the shop, or in heavy dust conditions.
- Protect your hearing with acoustic earmuffs or plugs when operating noisy equipment such as grain dryers, feed grinders, older tractors, chain saws, etc.
- Protect your lungs with the correct respiratory equipment (dust masks, cartridge respirators, gas masks, air pacts) when working in dusty or moldy conditions, spray painting, applying chemicals, working in bins, tanks, silos, and manure storage places.
- Protect your hands from everyday abuse with job-matched gloves and barrier creams.
- Protect your feet with safety shoes or boots with non-slip soles and heels.
- Protect your skin with impervious garments when using toxic or irritating chemicals. In addition, use sunscreen to protect against the sun's harmful rays.
- Is appropriate PPE available in work areas?
- Is PPE kept clean and functional?
- Is sun screen available in tractors and other self-propelled equipment?

### People are more likely to wear PPE when...

PPE is “connected to” the wearer, compliance becomes more automatic. For example, integrating ear plugs with safety glasses via a lanyard makes complying with hearing protection suggestions much easier, because the PPE is in easy reach and is not an afterthought.

PPE that allows people to express their individuality leads to greater compliance. Manufacturers provide a range of options in terms of color and other style aspects gives workers some control over how they look. When people are content with their appearance in the PPE, it follows that they will be more likely to wear the PPE appropriately.

PPE that is perceived as “cool” is more likely to be worn (especially by children). That is another reason why many PPE manufacturers are looking toward the consumer fashion and sports apparel industries for cues on the latest styles, which can be adapted for the PPE market.



***PPE only works if you use it!***

**– Your Risk Management Office**

**This document was derived  
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are available upon request in  
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