



Army Safety Gram



Protection That Matters - A PPE Checklist

In many occupations, you need personal protective equipment (PPE) as a barrier against injuries. Workers need the appropriate safety gear for the tasks they perform. Without it, we would be plagued by lost-time injuries and fatalities.

Here is a PPE checklist to use at work:

Eye Protection

- ◆ Maintain your eye protection by frequently inspecting it for dirt and scratches.
- ◆ Ensure that all protective eyewear is clean before use and take the time to clean the eyewear as required throughout each workday.
- ◆ If scratched, make sure that you replace your eyewear with a clean, unscratched pair.

Face Protection

- ◆ Face protection should be inspected for dirt and scratches on a regular basis.
- ◆ If face protection becomes dirty or scratched, it should be cleaned or replaced.

Head Protection

- ◆ Hardhats must be properly adjusted to ensure the suspension system will distribute the impact evenly over the entire head.
- ◆ The hardhat should fit securely on the head to prevent it from slipping or falling off.
- ◆ Wear your hardhat directly on top of your head, with the brim facing forward.
- ◆ Hardhats must be inspected regularly and replaced if the shell or suspension is damaged.
- ◆ Hardhats will last longer if they are not stored in sunlight or heat.

Hearing Protection

- ◆ Wear your hearing protection in posted areas.
- ◆ Wash your hands thoroughly before inserting hearing protection and make sure that earplugs are clean.

Hand Protection

- ◆ Ensure that you inspect your gloves prior to use and replace them if they are torn, cracked, worn thin or have holes.
- ◆ Check the material safety data sheet (MSDS) or speak with your supervisor before handling hazardous materials.
- ◆ Wear the right type of glove for the task.

Foot Protection

- ◆ Inspect your footwear often to ensure the sole is still providing good traction and the rest of the boot or shoe meets safety standards.
- ◆ Replace the boot when the steel toe insert becomes exposed, the treads are worn or any part of the boot is cracked or worn thin.

Personal protective equipment is your armor against workplace "war wounds." Wear it with confidence.

