



Personal Protective Equipment

Toolbox Talks are intended to facilitate health and safety discussions on the job site.

General Information

Personal Protective Equipment (PPE) is gear that can be worn to help minimize or eliminate injury. It can be worn to help prevent sudden injuries (bumps, falls, pinches, etc.) or injuries that occur over time (lower-back injuries, carpal tunnel syndrome, etc.).

It is very important the user understands the intended purpose of the PPE and verifies that it fits properly.

Types of PPE

There are many types of PPE developed for various hazards and industries. PPE will not be fully effective unless it fits properly and is worn correctly. The type of PPE will depend on the area of the body at risk and the type of hazard (e.g. projectile, heat, chemical exposure, fumes, elevations, confined space, etc.).

Area of Body	Types of PPE
Eyes/Face	Safety goggles and glasses, weld masks, face shields
Ears	Ear muffs, ear plugs
Respiratory System	Respirators, Nuisance (dust) masks, ventilated hoods
Head	Protective helmets, bump caps, hairnets
Torso/Back	Fall restraints, reflective vests, aprons, back braces
Hands/Arms	Heavy-duty work gloves, rubber (latex) gloves, protective sleeves, wrist supports
Feet/Legs	Steel-toed foot wear, metatarsal covers, chaps

Questions to Generate Discussion

What type of PPE do you wear for the various tasks you perform? Does it fit properly and is it in good working condition?

What can be done in your work area to improve the use of PPE?

What improvements can be made to reduce the need for PPE?

Toolbox Attendance

Questions? _____

Concerns? _____

Days since Last Incident: _____

Supervisor/Meeting Leader: _____ Date: _____

Signatures of attendees:

Manager review comments:

Manager signature: _____ Date of Review: _____