



Personal Protective Equipment – The First Line of Defense

Personal Protective Equipment (PPE) is easy to find at your local lumberyard or hardware store, but never in a place close by when you really need it (for example changing a lightbulb or providing first aid). So, planning ahead and stocking PPE close by is a great way to prevent an eye injury or a burn to the hand. Even better is planning ahead and stocking your cart or tool bag with PPE prior to starting work, will reduce any excuses for not taking the time to put on the proper PPE. A little bit of pre-planning can save a 3-hour trip to the Emergency Room.

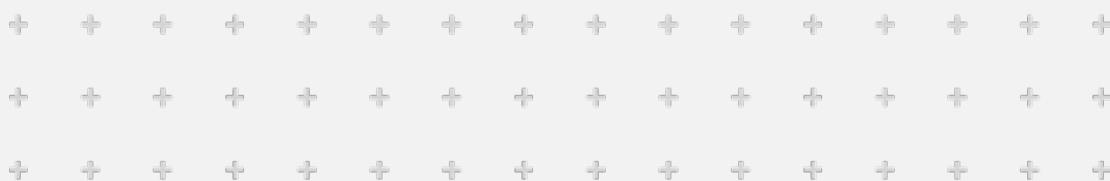


In most cases PPE is the first and last line of defense. And for your Weekend Do It Yourself people, three hours spent at the after-hours clinic was probably not on the weekend schedule. Without PPE, you can pretty much plan on a doctor coming at you with needles, pliers, forceps, and slings. And while recuperating without full use of your eyes or hands, daily living activities become very challenging. Combing your hair, brushing your teeth, putting shoes on and getting dressed all become challenging, especially for those who pride themselves on independence. Definitely an ounce of prevention is better than a pound of cure in this instance.

Below is a list of easy ways to use PPE to prevent injuries at work and at home.

Ways to Use PPE to Prevent Injuries (at work and at home):

- + **Protect Your Eyes:** Tinted safety glasses help while working outside, mowing or trimming grass, using a leaf blower, cutting wood or even watching baseball. Clear glasses while working overhead, changing a lightbulb, working on equipment, cutting lumber, using a nail gun or cleaning the shower can ensure you complete your chores and enjoy the weekend.
- + **Protect Your Hands and Arms:** Cuts while working on equipment or gardening can be easily addressed with inexpensive gloves. Burns to the hands and forearms can be reduced while cooking, BBQ'ing or working on automobiles by wearing silicone gloves, burn sleeves or long sleeves. Applying fertilizer or pesticides is a great time to load up on gloves, long sleeves, as well as a K95 disposable dust mask and safety glasses. Washing dishes, cleaning bathrooms, and handling Chlorine or Acid around the pool are great times for rubber gloves.
- + **Protect Your Feet:** Non-slip, oil resistant shoes are a must in wet areas like kitchens and laundries. High top boots with non-slip soles are critical in maintenance and forklift areas.



Decision Point: What would you do if you observed...

OBSERVATION	ACTION
Overhead Work: Replacing lightbulbs, replacing overhead filters, cleaning Bath Fans.	<ul style="list-style-type: none"> + Use clear safety glasses + Use Cut-proof Gloves
Cleaning PTACs, replacing HVAC Filters, or cleaning around the backside of Dryers.	<ul style="list-style-type: none"> + Use clear safety glasses + Use Knee Pads or a Kneeling Pad + Use Cut-proof Gloves
Using a screw gun or nail gun.	<ul style="list-style-type: none"> + Use clear safety glasses
Using Chemicals in spray bottles in the room.	<ul style="list-style-type: none"> + Use Rubber or Nitrile gloves
Adding Chlorine tablets or diluting acid in the pool room injectors.	<ul style="list-style-type: none"> + Use clear safety glasses + Use Rubber or Nitrile gloves
Mowing grass, trimming bushes, using an outside blower.	<ul style="list-style-type: none"> + Use tinted safety glasses + Use Cut-proof Gloves
Using the slicer, bagel cutter or using a knife.	<ul style="list-style-type: none"> + Use Chain Mesh Glove under a Nitrile Glove
Opening boxes in the kitchen.	<ul style="list-style-type: none"> + Use Cut-proof Gloves
Changing the oil in the fryer or cleaning the flat top grill.	<ul style="list-style-type: none"> + Use Burn-Proof Gloves + Use Apron + Use Burn Protection Sleeves + Use Clear Goggles or Safety Glasses + Use Non-Slip Shoes or Boots
Handling broken glass or needles.	<ul style="list-style-type: none"> + Use Forceps, Tongs or Pliers + Use Cut-proof Gloves
Cleaning guest room bathrooms and public areas restrooms.	<ul style="list-style-type: none"> + Use Rubber or Nitrile gloves
Working in wet environments like the kitchen or laundry. Serving in Banqueting.	<ul style="list-style-type: none"> + Use Non-Slip Shoes or Boots
Working in the receiving area handling food shipments around pallet-jacks and forklifts.	<ul style="list-style-type: none"> + Use Non-Slip, Steel Toed Boots
Shoveling snow, clearing walkways, valet, shuttle or working outside in winter.	<ul style="list-style-type: none"> + Use Non-Slip Shoes or Boots + Wear Winter Weather Clothing

