



# Personal Protective Equipment

**Personal protective equipment (PPE) includes all types of equipment used to reduce the risk of injury while performing potentially hazardous tasks. PPE may include eye and face protection, head protection, foot protection, hand protection, respiratory protection\*, and fall protection\*.**



Your supervisor or instructor will identify the PPE you will be required to use and will communicate the requirements for its use.

## General Practices

1. Wear the PPE assigned to you in the manner it is meant to be used.
2. Inspect the PPE prior to wearing it, and immediately replace damaged PPE.
3. Clean and sanitize PPE as instructed by the manufacturer and your supervisor and after each use.
4. Keep PPE for personal use clean, and store it a manner to keep it clean.
5. Comply with all posted PPE safety and instructional signs.
6. Consult the EH&S Department and refer to the UC PPE Policy and Campus-specific PPE Program, procedures, and training requirements.

## Eye and Face Protection

1. Wear the appropriate eye and face protection for the task.
2. Wear safety goggles or safety glasses and/or a face shield when the work will likely generate flying debris.
3. Wear chemical splash goggle when working with hazardous liquids.
4. Wear a welding helmet when welding.
5. Wear goggles or face shield equipped with the appropriate level of shading when using a torch to solder or braze.

## Head Protection

1. Wear a hard hat equipped with a chin strap when working in areas where there is a potential for injury to the head from falling objects or low head clearances.
2. Wear a painter's hat or hair net when painting to keep paint out of your hair and off your scalp.

## Foot Protection

1. Wear safety shoes when working in areas or on tasks where there is a danger of falling objects, rolling objects, or objects that may pierce the sole of the shoe. Safety shoes have a protective toe box and a protective shank in the sole to prevent piercing.
2. Wear safety shoes with non-conductive soles when the task may pose an electrical hazard.

### **Hand Protection**

1. Wear the appropriate glove for the task to protect your hands from cuts, burns, harmful physical or chemical agents; i.e., chemical-resistant gloves for working with chemicals; leather or canvas work gloves for handling materials with rough edges.
2. Never wear gloves where there is a danger of them becoming entangled in moving machinery or power tools.

### **Hearing Protection**

1. Wear hearing protection devices when exposed to continuous or intermittent high noise levels.
2. Wear hearing protection devices appropriately to achieve the anticipated level of protection.

\*These topics are covered in separate codes of safe practice.

*Talk to your supervisor if you have any questions about this information.*