



## Personal Protective Equipment

Personal protective equipment, or PPE, is designed to protect workers from serious workplace injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Besides face shields, safety glasses, hard hats, and safety shoes, protective equipment includes a variety of devices and garments such as goggles, coveralls, gloves, vests, earplugs, and respirators.

### Employer Responsibilities

OSHA's primary personal protective equipment standards are in Title 29 of the Code of Federal Regulations (CFR), Part 1910 Subpart I, and equivalent regulations in states with OSHA-approved state plans, but you can find protective equipment requirements elsewhere in the General Industry Standards. For example, 29 CFR 1910.156, OSHA's Fire Brigades Standard, has requirements for firefighting gear. In addition, 29 CFR 1926.95-106 covers the construction industry. OSHA's general personal protective equipment requirements mandate that employers conduct a hazard assessment of their workplaces to determine what hazards are present that require the use of protective equipment, provide workers with appropriate protective equipment, and require them to use and maintain it in sanitary and reliable condition.

Using personal protective equipment is often essential, but it is generally the last line of defense after engineering controls, work practices, and administrative controls. Engineering controls involve physically changing a machine or work environment. Administrative controls involve changing how or when workers do their jobs, such as scheduling work and rotating workers to reduce exposures. Work practices involve training workers how to perform tasks in ways that reduce their exposure to workplace hazards.

As an employer, you must assess your work-place to determine if hazards are present that require the use of personal protective equipment. If such hazards are present, you must select protective equipment and require workers to use it, communicate your protective equipment selection decisions to your workers, and select personal protective equipment that properly fits your workers.

You must also train workers who are required to wear personal protective equipment on how to do the following:

- Use protective equipment properly,
- Be aware of when personal protective equipment is necessary,
- Know what kind of protective equipment is necessary,
- Understand the limitations of personal protective equipment in protecting workers from injury
- Put on, adjust, wear, and take off personal protective equipment
- Maintain protective equipment properly.

## Protection from Head Injuries

Hard hats can protect your workers from head impact, penetration injuries, and electrical injuries such as those caused by falling or flying objects, fixed objects, or contact with electrical conductors. Also, OSHA regulations require employers to ensure that workers cover and protect long hair to prevent it from getting caught in machine parts such as belts and chains.



## Protection from Foot and Leg Injuries

In addition to foot guards and safety shoes, leggings (e.g., leather, aluminized rayon, or other appropriate material) can help prevent injuries by protecting workers from hazards such as falling or rolling objects, sharp objects, wet and slippery surfaces, molten metals, hot surfaces, and electrical hazards.



## Protection from Eye and Face Injuries

Besides spectacles and goggles, personal protective equipment such as special helmets or shields, spectacles with side shields, and faceshields can protect workers from the hazards of flying fragments, large chips, hot sparks, optical radiation, splashes from molten metals, as well as objects, particles, sand, dirt, mists, dusts, and glare.



**THINK**  
**SAFETY FIRST**  
**WEAR YOUR**  
**PPE**

## Protection from Hearing Loss

Wearing earplugs or earmuffs can help prevent damage to hearing. Exposure to high noise levels can cause irreversible hearing loss or impairment as well as physical and psychological stress. Earplugs made from foam, waxed cotton, or fiberglass wool are self-forming and usually fit well. A professional should fit your workers individually for molded or preformed earplugs. Clean earplugs regularly, and replace those you cannot clean.



## Protection from Body Injury

In some cases workers must shield most or all of their bodies against hazards in the work-place, such as exposure to heat and radiation as well as hot metals, scalding liquids, body fluids, hazardous materials or waste, and other hazards. In addition to fire-retardant wool and fire retardant cotton, materials used in whole-body personal protective equipment include rubber, leather, synthetics, and plastic.



## When to Wear Respiratory Protection

When engineering controls are not feasible, workers must use appropriate respirators to protect against adverse health effects caused by breathing air contaminated with harmful dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors. Respirators generally cover the nose and mouth or the entire face or head and help prevent illness and injury. A proper fit is essential, however, for respirators to be effective. Required respirators must be NIOSH-approved and medical evaluation and training must be provided before use.



# Safety Data Sheet

The Hazard Communication Standard (HAZ-COM) requires chemical manufacturers, distributors, or importers to provide Safety Data Sheets (SDSs) (formerly known as Material Safety Data Sheets or MSDSs) to communicate the hazards of hazardous chemical products. As of June 1, 2015, the HCS will require new SDSs to be in a uniform format, and include the section numbers, the headings, and associated information under the listed sections.

<b>SECTION 1 IDENTIFICATION</b>	includes product identifier; manufacturer or distributor name, address, phone number; emergency phone number; recommended use; restrictions on use.
<b>SECTION 2 HAZARD(S) IDENTIFICATION</b>	includes all hazards regarding the chemical; required label elements.
<b>SECTION 3 COMPOSITION/INFORMATION ON INGREDIENTS</b>	includes information on chemical ingredients; trade secret claims.
<b>SECTION 4 FIRST-AID MEASURES</b>	includes important symptoms/ effects, acute, delayed; required treatment.
<b>SECTION 5 FIRE-FIGHTING MEASURES</b>	lists suitable extinguishing techniques, equipment; chemical hazards from fire.
<b>SECTION 6 ACCIDENTAL RELEASE MEASURES</b>	lists emergency procedures; protective equipment; proper methods of containment and cleanup.
<b>SECTION 7 HANDLING AND STORAGE</b>	lists precautions for safe handling and storage, including incompatibilities.
<b>SECTION 8 EXPOSURE CONTROLS/PERSONAL PROTECTION</b>	lists OSHA's Permissible Exposure Limits (PELs); Threshold Limit Values (TLVs); appropriate engineering controls; personal protective equipment (PPE).
<b>SECTION 9 PHYSICAL AND CHEMICAL PROPERTIES</b>	lists the chemical's characteristics.
<b>SECTION 10 STABILITY AND REACTIVITY</b>	lists chemical stability and possibility of hazardous reactions.
<b>SECTION 11 TOXICOLOGICAL INFORMATION</b>	includes routes of exposure; related symptoms, acute and chronic effects; numerical measures of toxicity.
<b>SECTION 12 ECOLOGICAL</b>	This section provides information to evaluate the environmental impact of the chemical(s) if it were released to the environment.
<b>SECTION 13 DISPOSAL</b>	This section provides guidance on proper disposal practices, recycling or reclamation of the chemical(s) or its container, and safe handling practices. To minimize exposure, this section should also refer the reader to Section 8 of the SDS.
<b>SECTION 14 TRANSPORT</b>	This section provides guidance on classification information for shipping & transporting of hazardous chemical(s) by road, air, rail, or sea.
<b>SECTION 15 REGULATORY</b>	This section identifies the safety, health, & environmental regulations specific for the product not indicated anywhere else on the SDS.
<b>SECTION 16 OTHER INFORMATION</b>	includes the date of preparation or last revision.

**\*Note: Since other Agencies regulate this information, OSHA will not be enforcing Sections 12 through 15(29 CFR 1910.1200(g)(2)).**



# OFF ROAD / 4 x 4 Awareness Training

This class completes the mandatory training requirement for all County employees by job classification or job assignment, who are or may be required to drive 4X4 vehicles off maintained roads while on County business.

Note: This requirement does not apply to Sheriff Department, Fire Department or other County Agencies or Departments who already provide 4X4 off road driving training to their employees.

**Key Topics:**

- ◇ 4X4 Basics
- ◇ Know your vehicle
- ◇ Know the terrain
- ◇ Recognize Hazards
- ◇ Safe Operation
- ◇ Pre-trip inspection
- ◇ Driving techniques
- ◇ Rules of off-roading



**INTEREST LIST FORMING PLEASE CLICK AND COMPLETE FORM**

Use this link if needed  
<http://goo.gl/forms/Ig7MgJkwsW>

## Intermediate and Large Vehicle Drivers Training

This Intermediate and Large Vehicle Drivers Awareness training covers defensive driving. This lesson provides and demonstrates techniques for driver to improve defensive driving skills and situation awareness.

- Managing Space and Speed
- Eyes on Road
- Scanning Your Environment
- Hazard Awareness
- Road Surface Hazards
- Other People on the Road
- Hazardous Drivers
- Signaling
- Defensive Driving Attitude
- Defining the Space Cushion
- Adjusting to Traffic
- Changing Lanes and Merging
- Tailgaters
- Right and Left Turns
- Crossing an Intersection
- Blind Spots
- Managing the Space Above Your Truck



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