Protection That Matters – A PPE Checklist

In many occupations personal protective equipment (PPE) is needed as a barrier against injuries. You need the right safety gear for the tasks you perform, and you need PPE that’s in good shape, so it performs as it should and protects you against hazards. Share this checklist with workers and train them on what PPE to wear and how to take care of it.

Eye Protection

- ❑ Maintain your eye protection by frequently inspecting it for dirt and scratches.
- ❑ Check protective eyewear is clean before use and clean it during the day.
- ❑ 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

- ❑ Hard hats must be properly adjusted to ensure the suspension system will distribute the impact evenly over the entire head.
- ❑ The hard hat should fit securely on the head to prevent it from slipping or falling off.
- ❑ Wear your hard hat directly on top of your head, with the brim facing forward.

- ❑ Hard hats must be inspected regularly and replaced if the shell or suspension is damaged or they have sustained a hit/impact.
- ❑ Hard hats 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 the earplugs are clean.

Hand Protection

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

Foot Protection

- ❑ Inspect the soles of safety shoes often to ensure they are providing good traction and check the rest of the boot or shoe meets safety standards.
- ❑ Replace them when the steel toe insert becomes exposed, the treads are worn or any part of the boot is cracked or worn thin.