

BEST PRACTICE MANUAL



E - WASTE
INITIATIVE KENYA

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BEST PRACTICE-PPE TRAINING MODULE DESIGNED BY
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PERSONAL PROTECTIVE EQUIPMENT

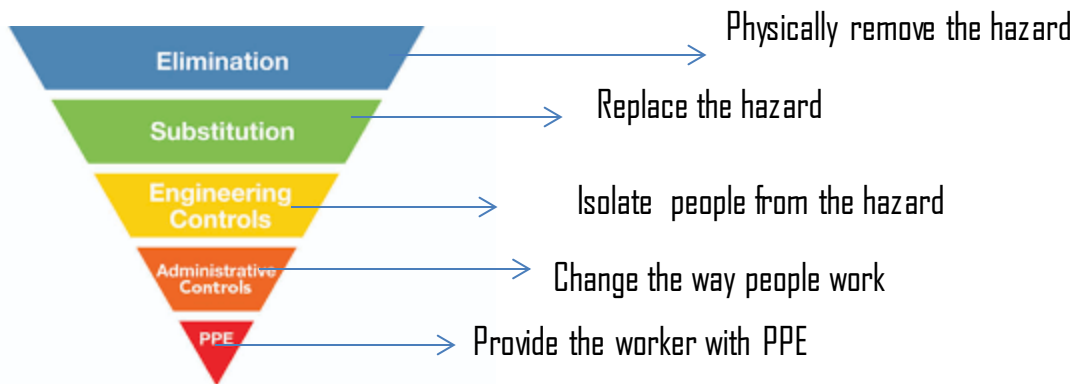
Personal Protective Equipment (PPE) is specialized clothing or equipment designed to protect the wearer's body from injury and infectious materials



HOW DO I CHOOSE MY PPE

PPE should be selected based primarily on the hazards identified during the job assessment. However, employers should also take the fit and comfort of PPEs into consideration when selecting appropriate items for each employee.

PPE that fits well and is comfortable to wear and will encourage employee use of PPE.



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WHAT IS THE LAW ON PPE'S

The Personal Protective Equipment at Work Regulations seeks to ensure that where risks cannot be controlled by other means PPE should be correctly identified and put into use. ...
If there is a need for PPE items they must be provided free of charge by the employer

WHO IS RESPONSIBLE FOR PROVIDING PPE'S

Every employer shall ensure that suitable personal protective equipment is provided to his employees who may be exposed to a risk to their health or safety while at work except where and to the extent that such risk has been adequately controlled by other means which are equally or more effective

IMPORTANCE OF PPE'S



The Importance of Personal Protective Equipment

PPE is equipment that will protect workers against health or safety risks on the job. The purpose is to reduce employee exposure to hazards when engineering and administrative controls are not feasible or effective to reduce these risks to acceptable levels



TYPES OF PPE'S



PPE's are classified into different categories

- 1) Eye and face protection
- 2) Head protection
- 3) Respiratory protection
- 4) Hearing protection
- 5) Hand and arm protection
- 6) Foot and leg protection
- 7) Fall arrest
- 8) Body protection





Adjustable face shield



Ear plugs

EXAMPLES OF PPE'S



Safety glasses



Respiratory masks



Safety boots



Safety gloves

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EYE / FACE PROTECTION.



Safety glasses



Adjustable face shields



Adjustable face shields

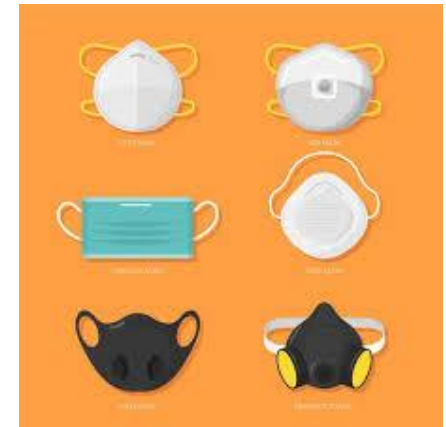
HEAD PROTECTION



Helmet/hard hat



RESPIRATORY PROTECTION



HEARING PROTECTION



EAR PLUGS

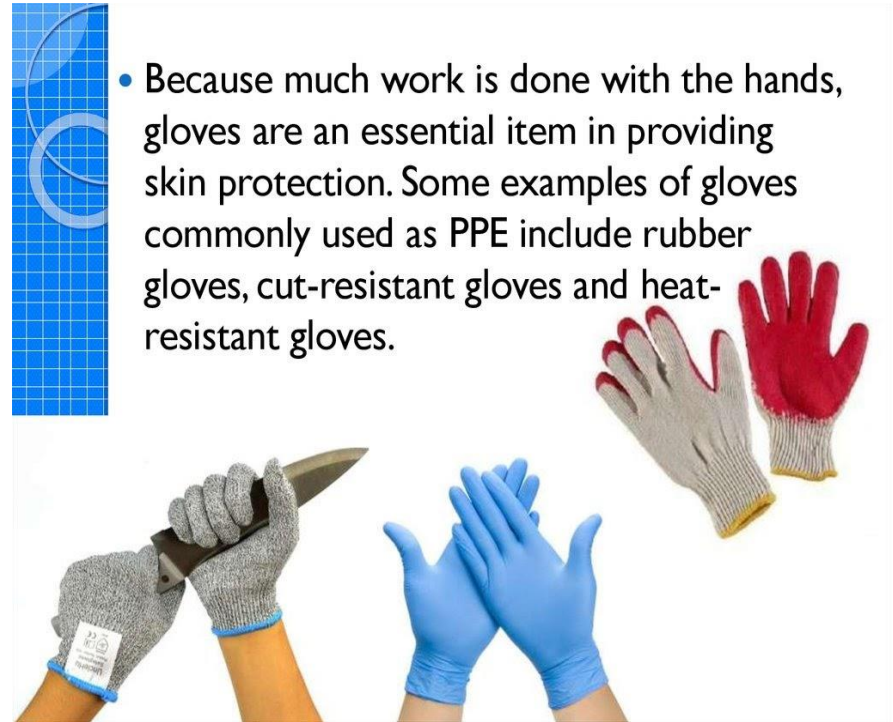
EAR MUFFS

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HANDS AND ARMS PROTECTION



PROTECTIVE GLOVES



- Because much work is done with the hands, gloves are an essential item in providing skin protection. Some examples of gloves commonly used as PPE include rubber gloves, cut-resistant gloves and heat-resistant gloves.

FOOT AND LEG PROTECTION



Safety boots



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FALL ARREST

Personal Fall Arrest Systems

- Anchorage
- Body
- Connector



Fall Protection Refresher Orientation

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Harness Fitting



- Harness must be sized for the worker

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BODY PROTECTION

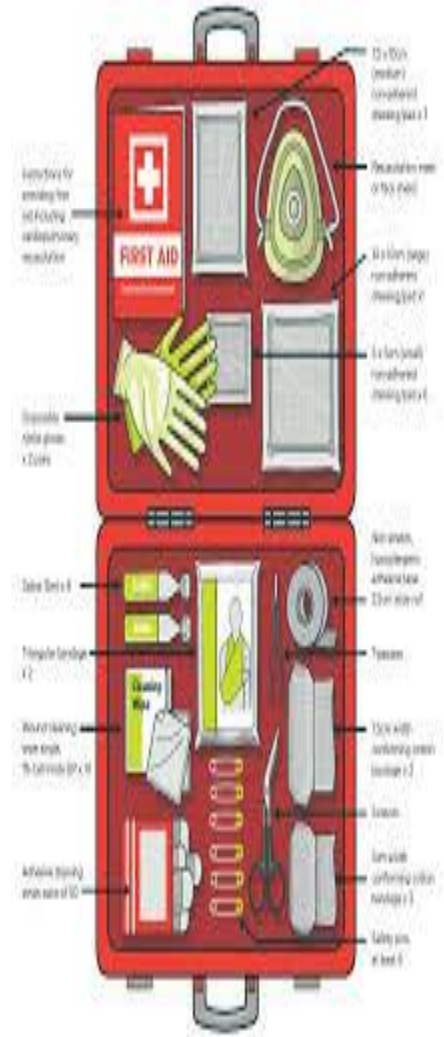


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FIRST AID KIT



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First aid kit check list

BS8599-1 Kit Contents	Small	Medium	Large
Alcohol Free Cleansing Wipes	20	30	40
Burn Relief Dressing	1	2	2
Conforming Bandage 7.5cm x 4m	1	2	2
Eye Pad Dressing, Sterile	2	3	4
Finger Dressing Sterile	2	3	4
First Aid Guidance Leaflet	1	1	1
Foil Blanket	1	2	3
Large dressing 18cm x 18cm, Sterile	1	3	4
Medium Dressing 12cm x 12cm, Sterile	2	4	6
Microporous Tape 2.5cm x 5m	1	2	3
Nitrile Gloves	12	18	24
Resuscitation Face Shield	1	1	2
Triangular Bandage 90cm x 127cm	2	3	4
Universal Shears Small (tough cut)	1	1	1
Washproof Assorted Plasters	40	60	100

Contents	Small	Medium	Large	Travel
Guidance Leaflet	1	1	1	1
Contents List	1	1	1	1
Medium Sterile Dressing	4	6	8	1
Large Sterile Dressing	1	2	2	1
Triangular Bandage	2	3	4	1
Safety Pins	6	12	24	2
Sterile Eye Pad	2	3	4	1
Waterproof Plasters	40	60	100	10
Sterile Saline Wipes	20	30	40	4
Microporous Tape	1	1	1	1
Nitrile Gloves (pairs)	6	9	12	1
Sterile Finger Dressing	2	3	4	0
Resuscitation Face Shield	1	1	2	1
Foil Blanket	1	2	3	1
Sterile Eye Wash (150ml)	0	0	0	1
Hydrogel Burns Dressing	1	2	2	1
Scissors	1	1	1	1
Conforming Bandages	1	2	2	1

WHAT HAPPENS IF YOU DON'T USE PPE'S

Without PPE, employees are at risk of:

Cuts and punctures. Chemical burns. Electric shocks. Exposure to excessive noise or vibration.



PVC (BURNING OF PLASTICS)

Cancer

Disruption of the endocrine system

Reproductive impairment

Impaired child development and birth defects

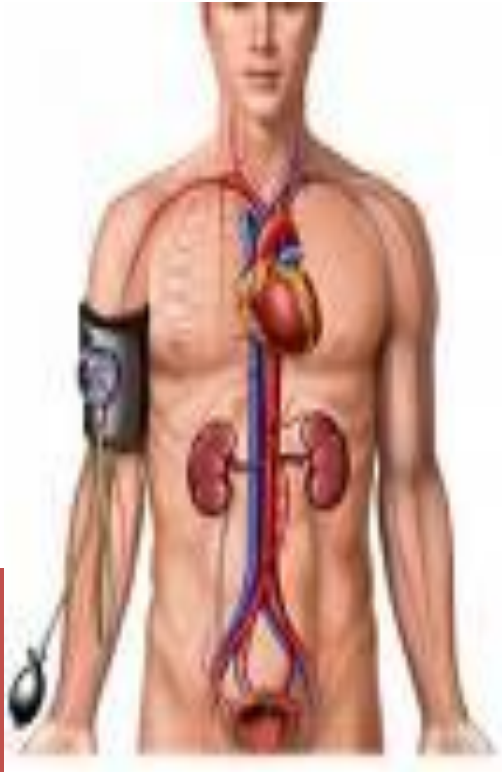
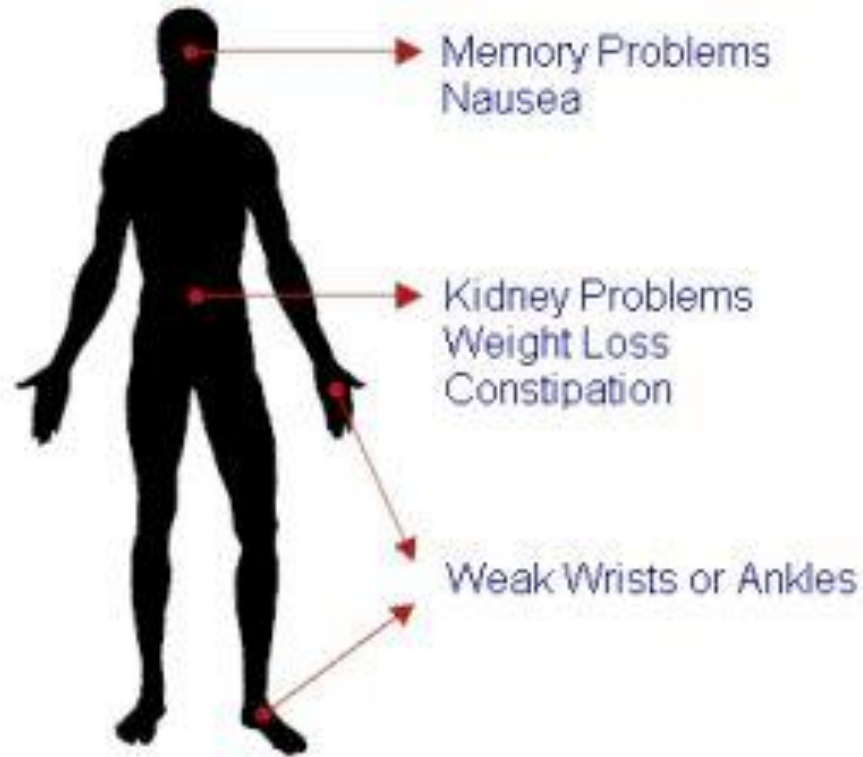
Neurotoxicity (damage to the brain or its function), and

Immune system suppression





Later Symptoms of Lead Poisoning



Damage to the nervous systems, blood system and kidneys

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Brominated Fire Retardants e.g wires

endocrine disruptors



linked to thyroid and liver damage



cancer of the digestive and lymph system

neurotoxic effects

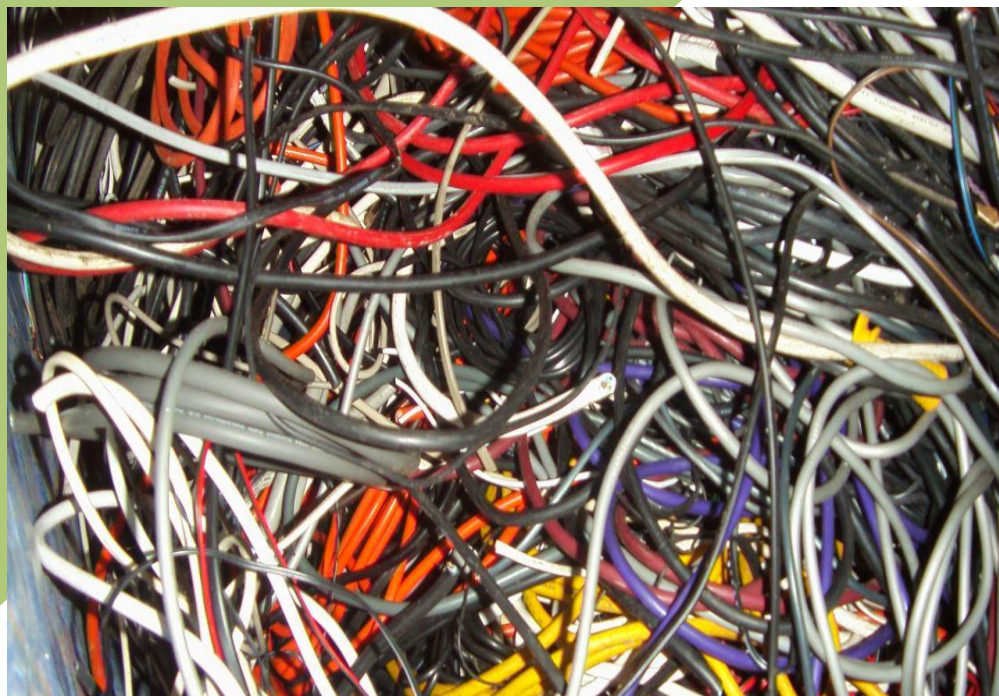


MD Challenger Sen, IV Photo

12/18/2020

FLAME RETARDANT:
POLYCHLORINATED BIPHENYLS
(PCB'S) AND POLYCHLORINATED
BIPHENYL-ETHER

Source: Plastic casing, plastic
wiring casing



Use PPE

Don't burn

Environmental hazard

Toxic



CHROMIUM



DNA damage, hereditary effects



Bronchitis

Skin reactions



Nerve damage



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Skin rashes



kidney damage



Nerve damage

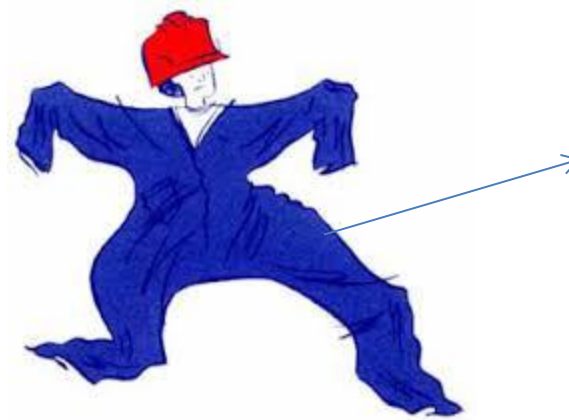


gastrointestinal problems

WHEN SHOULD YOU NOT WEAR PPE'S

There are three legitimate reasons employees may refuse to wear their PPE: A medical condition which makes the PPE uncomfortable or harmful to wear. Ill-fitting PPE that compromises safety. Sikhs who wear a turban – they are exempt from wearing head protection when working on construction sites.

If the PPE'S are faulty or not functioning.



Ill fitting PPE