

Welcome to the Hard Hat Training Series!



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Welcome to the Hard Hat Training Series. Today you will learn about safety as it relates to Personal Protective Equipment, commonly called PPE for short. We will strive to provide information that will increase your knowledge and understanding of PPE and its importance, and help make you a better, safer worker.

No matter your industry or workplace, there is always the chance of being exposed to hazards that can cause serious injury or illness. Whether they be chemical, physical, electrical, mechanical, or even radiological hazards, there is PPE for it. As an employee, you have the right to be protected from all hazards.



The goal today is to focus on general safety principles regarding PPE. We will provide information that will help you to know when to use PPE and understand which forms of PPE are appropriate for the job that you are doing.



We will begin by going over what PPE is, and explaining the purpose it plays in your work environment. We will then talk about the required PPE program, its components and general guidelines set forth for it.





Subsequently, we will cover all the major areas of the body that PPE is made for and discuss how to select and put on the appropriate gear. We will also explain the limitations that each piece of PPE might have and cover how to care for and maintain each component, or appropriately dispose of old or damaged PPE.

Lastly, we will talk about hazards that are associated with the misuse of PPE, or with failure to use PPE altogether. We will examine a few real-life case studies and talk about what you can do differently to be safe in the workplace. At the conclusion of this presentation, you should have a better understanding of the need for PPE, as well as a knowledge of how to choose and use the appropriate PPE for your job.

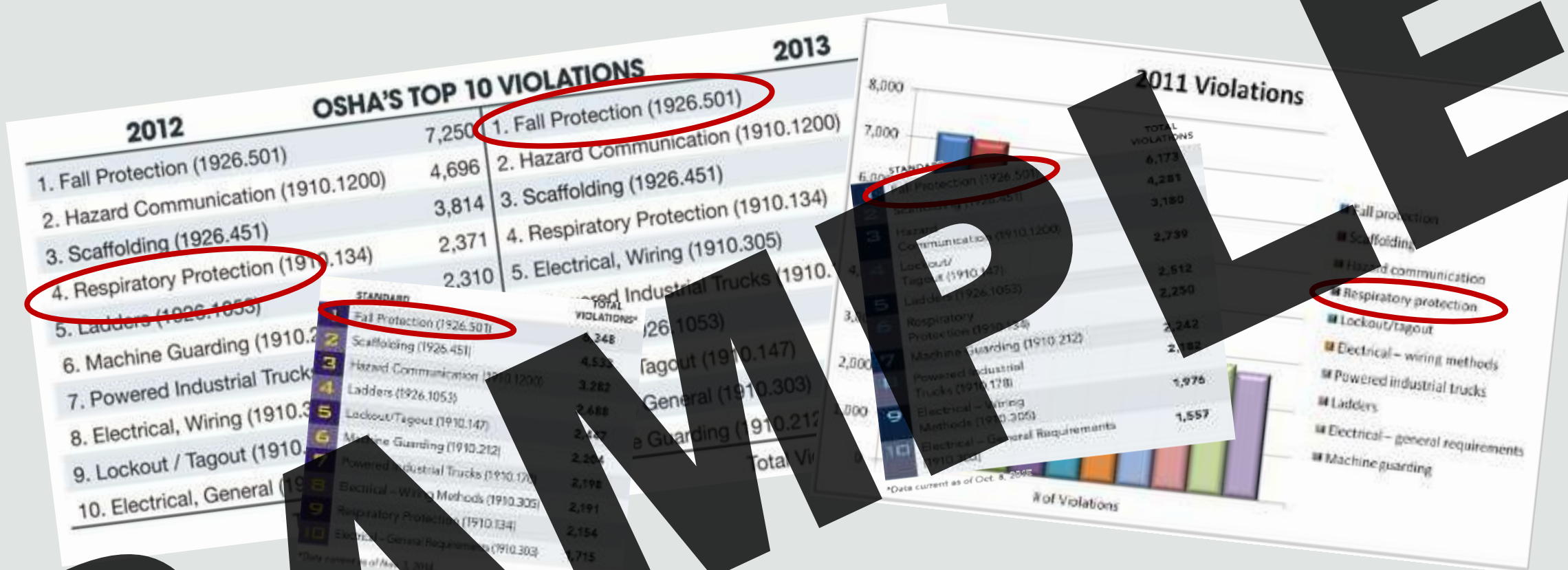


On that note, the following is a list of OSHA's preliminary top-10 most frequently cited standards for 2015. OSHA publishes this list as a means of alerting the industry about these commonly cited standards. The hope then is that you take whatever steps necessary to both find and fix recognized hazards before they become a problem.



1. **1926.501- Fall Protection**
2. 1910.1200- Hazard Communication
3. 1926.451- Scaffolding
4. **1910.134- Respiratory Protection**
5. 1910.147- Lockout/Tagout
6. 1910.178- Powered Industrial Trucks
7. 1926.1053- Ladders
8. 1910.305- Electrical -- Wiring Methods
9. 1910.212- Machine Guarding
10. 1910.303- Electrical -- General Requirements





These same hazards show up on similar types of lists time after time. And yet year after year, injuries are sustained, and lives are lost. Fall protection and respiratory protection are both types of PPE, and both show up on these lists repeatedly. The goal of training is to prevent these needless accidents from continuing to occur.

OSHA

SAE
INTERNATIONAL

ANSI

ASME

STANDARDS

29 CFR 1910, General Industry, Subpart I, Personal Protective Equipment

29 CFR 1926 Subpart C, General Safety and Health Provisions

29 CFR 1926 Subpart E, Personal Protective and Life Saving Equipment

29 CFR 1926 Subpart M, Fall Protection

29 CFR 1926 Subpart P, Excavations

29 CFR 1915 Maritime Industry, Subpart I, Personal Protective Equipment

29 CFR 1910.134: requires employers to establish and maintain an effective respiratory protection program, worksite-specific procedures, respirator selection, employee training, fit testing, medical evaluation, and respirator use, cleaning, maintenance, and repair.

OSHA Act of 1970, 5(a)(1): "each employer shall furnish to each of his employees... a place of employment which is free from recognized hazards that are causing or are likely to cause death or serious physical harm to his employees."

First and foremost, safety starts with a knowledge and basic understanding of the standards governing your specific industry and work situation. These are some of the main PPE standards, but it is your responsibility to be familiar with and heed all standards specific to your industry, state, city, and company.

Hazards and You

Regardless of where you work, hazards exist. They come in many different forms, including:

- Sharp edges
- Falling objects
- Flying sparks
- Chemicals
- Noise

There are many forms of hazards, and these may show up on a daily basis in your workplace. In order to protect yourself from these hazards, certain measures have been put in place.



Controls

Because of these hazards, controls are put in place to protect you as the worker. Controls are the means of reducing hazards in the workplace. PPE is one type of control but is not the only one. We will walk you through the various levels of controls in order to help you reduce hazards before PPE is necessary.



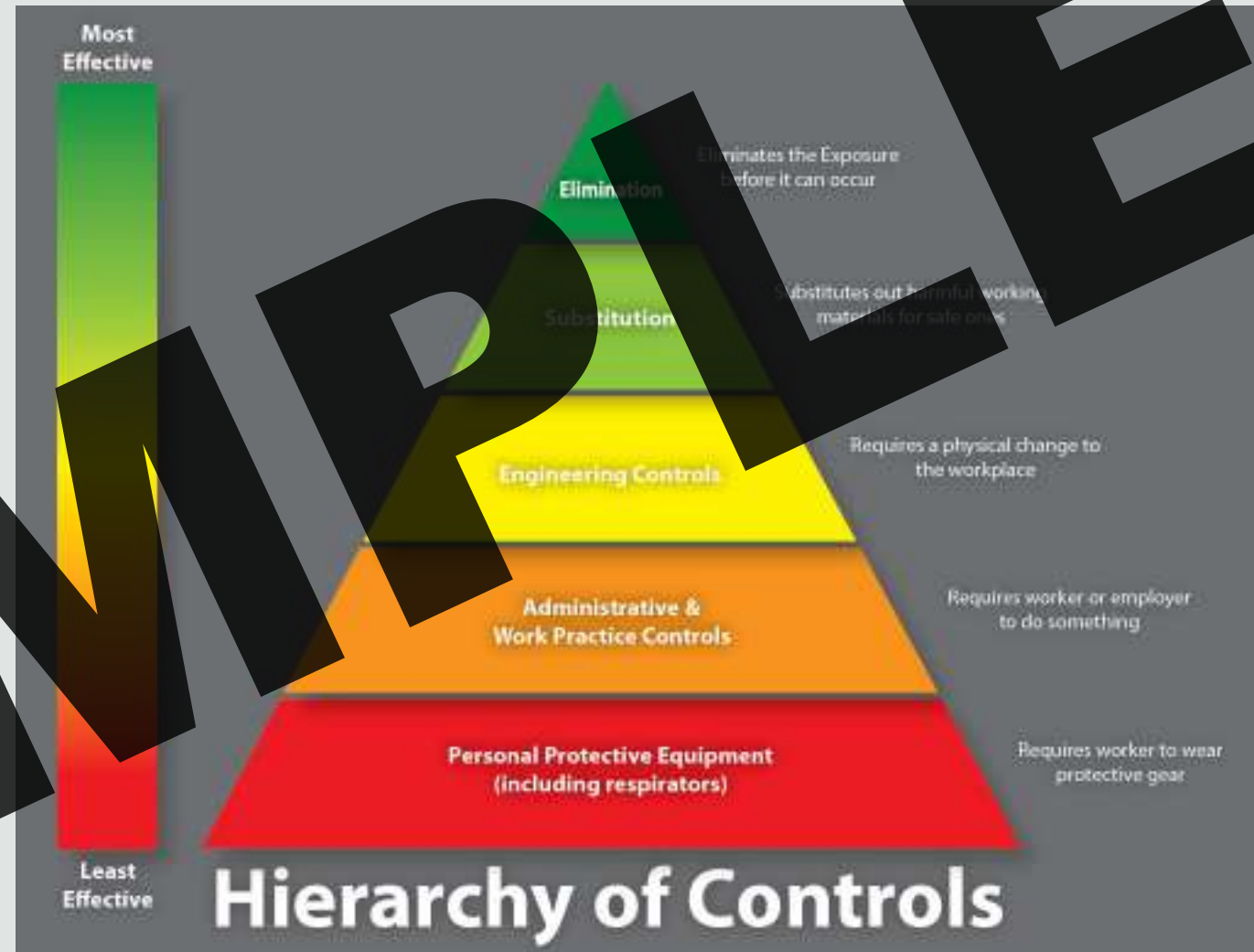
Elimination or Substitution

The most ideal means of control in the workplace is elimination. This is to say, can the hazard be physically removed? The act of eliminating the hazard is the most effective. The second is substitution. Can the hazard be replaced? Can you substitute it with something less hazardous? These two options are the most effective means of control.



Engineering Controls

Engineering controls are methods that reduce exposure by redesigning the procedure or task. The basic idea is to isolate the workers from any hazard. For example this could be accomplished by using a new piece of equipment or building a soundproof wall to eliminate noise levels.



Administrative and Work Practice Controls



Administrative and work practice controls change the way people work. They attempt to eliminate or reduce exposure by changing workplace policy. Essentially the idea is to decrease the amount of time working in a hazardous area, eliminating exposure time. This could include rotating jobs, so no one person is at the same task all day. It also could include varied hours, with breaks from the hazards.



The final control is PPE and should be your last line of defense for safety. If you work among hazards, any and all measures should be taken to protect against them, by following this order of controls. Additionally, when work requires that you take advantage of specific PPE, it is necessary that there be training, and a PPE program established by your employer to accompany it.

PPE PROGRAM

SAMPLE



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