

# Personal Protective Equipment

Personal protective equipment (PPE) can reduce the number and severity of work related injuries and illnesses. Workers protect themselves and family members when using the correct protective equipment needed for the job.

- Protect your head with a hard hat when performing construction work or any job with head injury risks.
- Protect your vision with appropriate safety eyewear (safety glasses, goggles, face-shields) when applying chemicals, working in the shop, or in heavy dust conditions.
- Protect your feet with safety shoes or boots with non-slip soles and heels. Protect your hearing with acoustic earmuffs or plugs when operating noisy equipment.
- Protect your lungs with the correct respiratory equipment when working in dusty or moldy conditions, spray painting, and applying chemicals.
- Protect your hands from everyday abuse with job-matched gloves and barrier creams.
- Protect your skin with chemical resistant garments when using toxic or irritating chemicals. In addition, use sunscreen to protect against the sun's harmful rays.

*Information supplied by the National Safety Council.*

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