

# USE PPE

for emergencies and maintenance activities

while other controls are being installed

when other control methods don't provide enough protection

when the following control methods are not possible:

## ELIMINATE

the hazard by redesigning the process

## SUBSTITUTE

with a safer process or product

## CONTROL

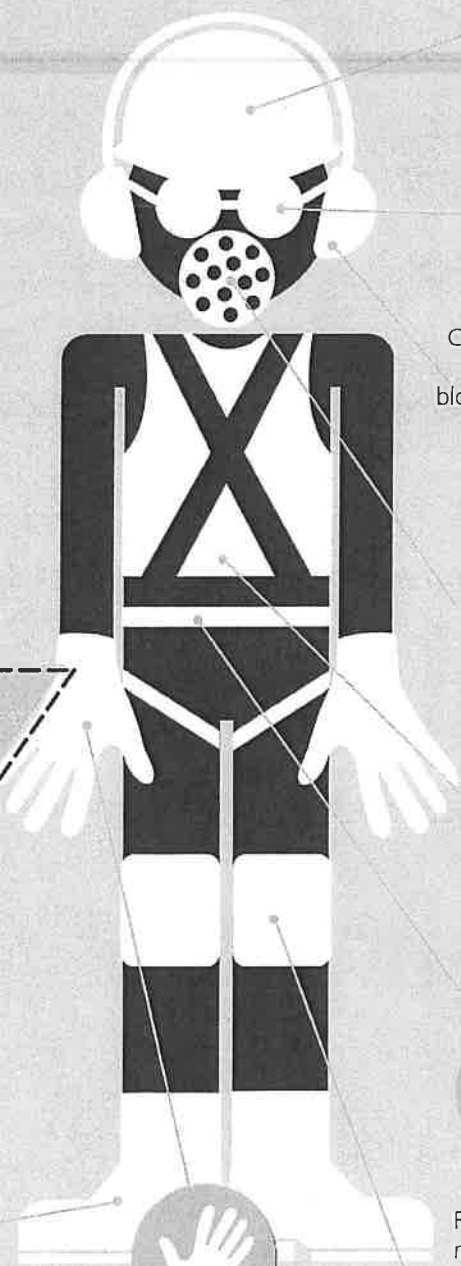
the hazard at the source

## REDUCE

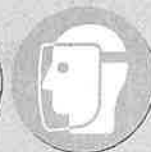
exposure through administrative and work practices

**USE PPE**  
as a last resort

# Personal Protective Equipment



**Head Protection**  
Head impact



**Eye/Face Protection**  
Contact with chemicals, heat, light radiation from welding or lasers, blowing dust or particles, fluid under pressure, biological hazards



**Hearing Protection**  
Excessive noise



**Breathing Protection**  
Inhalation of potentially hazardous substances such as dust and vapours



**Fall/Arrest**  
Risk of falling 3 metres or more



**Visibility**  
Low light, poor weather, at night



**Foot Protection**  
Falling or rolling objects; punctures from sharp objects; electrical hazards; slippery or uneven surfaces



**Hand Protection**  
Cuts, slivers or punctures; chemical exposures; heat and cold; electricity; biological hazards



**Other Protection** (as required)



**CCOHS.ca**

Canadian Centre for Occupational Health and Safety

## Basic personal protective equipment and clothing

All workers must equip themselves with suitable clothing, shirts, and long pants for protection against both the weather and workplace hazards. Unless otherwise agreed upon, workers are also responsible for providing their own work gloves, safety headgear, and safety footwear. However, if a product requires specified gloves to protect the user against hand injuries such as slivers and cuts, the employer must provide those gloves.

Employers are responsible for providing and enforcing the use of personal protective equipment. This includes fall, respiratory, eye, and hearing protection, and any other specialized protective equipment required by the Occupational Health and Safety Regulation.

Employers need to make sure that the appropriate personal protective equipment is identified for various tasks of manufacturing and is being used by workers. Employers must ensure that workers are trained in the use of specialized protective equipment, including fall protection equipment, prior to use.

Where there is a danger of making contact with moving parts of machinery, equipment, or tools:

- Avoid loose-fitting or frayed clothing.
- Remove accessories such as rings, dangling neckwear, loose-fitting bracelets, and watch bands.
- Confine long hair.
- Wear a short-sleeved shirt and long pants.

### Foot protection

- Footwear must protect the ankle, sole, and toes. Safety footwear with a CSA green triangle symbol meets these requirements.
- It is the worker's responsibility to keep personal safety footwear in good repair. For example, exposed metal toecaps could be hazardous near electricity.
- Keep laces tied up at all times to avoid snagging or tripping.

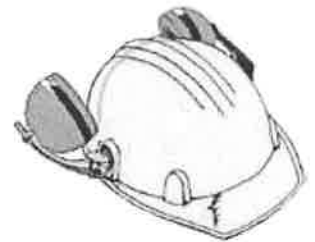


*Use safety footwear with a CSA green triangle.*

### Head protection

When using a hard hat:

- A chinstrap or ratchet may be required if your job involves constant bending and your head is below the waistline.
- Keep it clean.
- Inspect it regularly.
- Change the suspension harness at least every five years.
- Don't use solvents to clean it.
- Don't drill holes into it unless approved by the manufacturer.
- Don't paint it.
- Don't use it if it has a crack or a deep gouge.
- Don't throw it around or use it as a hammer.

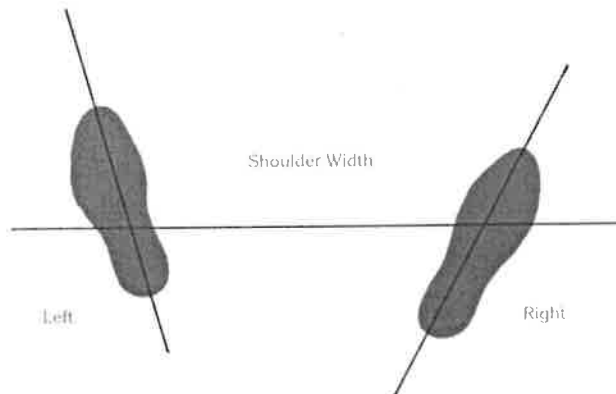


*Inspect your hard hat regularly.*



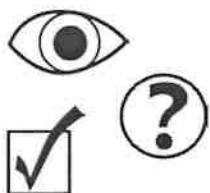
# Proper Lifting Techniques

## Safe Bending, Lifting, and Carrying



- place your feet apart for good balance
- bend your knees
- keep the load close to the centre of your body
- lift gradually, smoothly, and without jerking
- do not twist your back while lifting, pivot with your feet
- coordinate your lift when working with a partner
- don't lift beyond safe weight limits





# Back Care Basics

## BASICS FOR BACK INJURY AND STRESS PREVENTION

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### 1. Consider how your job is designed.

- amount of weight lifted
- load lifted from 'how low' to 'how high'
- load carried how far
- body twisted with how heavy of a load
- load lifted how often
- constant sitting
- chair designed for erect and comfortable posture
- work surface height and tilt allows for erect posture
- how much bending, how far, how often, how long



### 2. Use proper lifting rules.

- tuck your chin (as in military attention)
- keep the load close to your body
- position your feet before you lift to reduce twisting with the load
- lift with your legs
- do not lift beyond your safe limits!

### 3. Use proper 'ergonomic' rules for sitting.

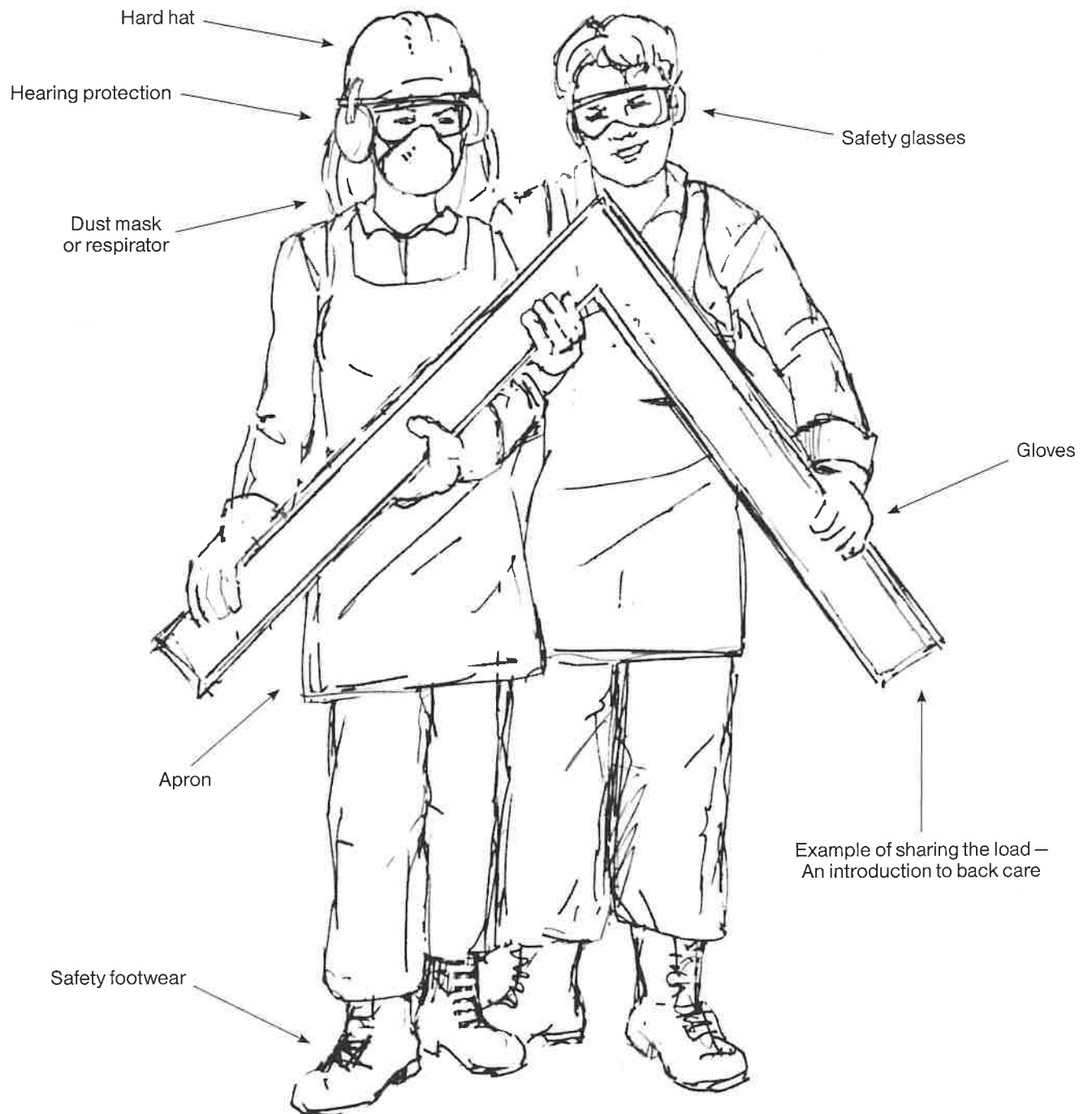
- keep your feet flat on the floor or support by a foot rest
- do not have space between the back of your knees and the front of your chair
- does the back of your chair support your back?



### 4. Let your back recover from the stresses of work.













- frequently stretch out of your position. Do one or two simple stretches at least once every hour.





# International Hazard Symbols

- Not all products are controlled by the WHMIS legislation, and so they may not have WHMIS labels or use the exact same symbols as WHMIS. You'll see these other symbols on products you commonly find around the house and garden, including cosmetics (like hairsprays), pesticides, and some consumer and household products (like oven cleaners). These products use the International Hazard Symbols you see below.
- For your safety, you should be able to recognize these symbols and understand what hazards they represent.
- The following warning symbols used on labels are not controlled by WHMIS legislation:

	DANGER	WARNING	CAUTION
Poison			
Flammable			
Explosive			
Corrosive			

Note: The border that surrounds each symbol signifies the danger level of the hazard.

- An octagon (same shape as a stop sign) indicates "DANGER" and represents the most dangerous hazard.
  - A four-sided diamond, indicates "WARNING" and represents a moderate or medium hazard level. A warning diamond does not pose as extreme a risk as the danger octagon.
  - The upside-down triangle indicates "CAUTION" and represents the slightest or least hazard of the three borders. This does not make it hazardless! Use these products with caution.
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