

PHILIPS HEALTHCARE

Trainee Name:	
Trainee Signature:	
Date:	

Course Title	Local Course Code	Revision
Personal Protective Equipment	GSSNA-PPE-AICC	N/A

By submitting this form, I agree that I have completed the required training for this course and understand the material and the impact on my job responsibility.

Signed by 3rd Party Contractor Training Representative:

_____ Date: _____

This form is to be kept as a formal training record by the 3rd Party Contractor Agency

Personal Protective Equipment - Modern Day Armor

Knights of old would never think about going to battle without ensuring that their entire body was covered. From the knight's helmet, to gauntlets, to the body armor, to the foot coverings, to the shield that would cover everything the armor didn't. They even put armor on their horses, knowing that, if anything happened to the horse, they would not be safe for very long. The reason that knights put up with the heavy, uncomfortable armor is that they knew that it protected them from being killed. Get the picture? We should have the same attitude when it comes to protecting ourselves from harm. Our protective equipment is what will keep us from being injured, or even killed. And when we don our "armor" to go out to the field, we should ensure that our entire body is covered, just like the knights did.

We spend a lot of time talking about head safety, eye safety, hand safety, and foot safety. But are we doing ourselves a disservice? We stress protecting these areas, and we should. What about the other ninety percent of our body? Properly worn protective clothing will ensure that the other ninety percent of your body is "covered". Many times, this is the area where we are tempted not to use PPE properly, especially during the hot Louisiana summertime that is just around the corner. Protective clothing may be uncomfortable and hot, but the protection it affords is undeniable. Don't leave yourself open to injury. Wear protective clothing properly. The following is a list of some of the general PPE requirements excerpted from Safety Standard 104, "Clothing and Personnel Protective Equipment". Reminders about the need for general hand, foot, head, and eye protection are included. We all need to know the requirements and follow them to keep our bodies protected from injuries.

GENERAL BODY PROTECTION

- Flame Retardant Clothing (FRC) is designed to resist burning in the event of a flash fire. It shall be worn as the outermost garment.
- Equipment such as lathes, conveyors, rotating equipment, and some power tools requires special precautions to be taken. Ties, rings, wristwatches, neck chains, or long hair might get caught. These items need to be removed or secured when working around these types of equipment.
- Some activities such as working around moving machinery may require long sleeves to be temporarily rolled up to the elbow. Sleeves should be immediately rolled down when such work activities are complete. This exception does not include working on rotating equipment that is not rotating!

GENERAL HAND PROTECTION

- At a minimum, gloves shall be carried by all employees working in or visiting operations or offsite areas. Some work groups are required to wear gloves any time they are in these areas.
- Gloves are to be used when performing "general purpose" work. This includes tool use, handling material or equipment, climbing on equipment, ascending or descending stairs or ladders, etc.
- Special gloves may need to be worn when there is an increased risk of injury due to sharp objects, chemical exposures, or temperature extremes.

GENERAL FOOT PROTECTION

- Footwear must be of shoe or boot construction, of substantial weight, and must resist liquid penetration and absorption. Fabric, suede, and most new lightweight synthetic materials do not meet these requirements. Footwear with vent holes in the top or sides, or open toes or open heels do not meet this requirement.
- The footwear must have substantial, oil resistant soles. The heels must be of wide base construction. Footwear must be in good condition. Footwear with badly worn uppers, worn or loose soles or heels, or footwear that has been permeated with oil or chemicals may not be worn.

GENERAL HEAD PROTECTION

- Approved hard hats must be worn in most areas of the plant. This includes all operating areas and in buildings when mechanical activities may require them.
- Hard hats should be cleaned regularly with soap and water.
- Hard hats must be inspected regularly for wear and damage and must be replaced every four years. The bills of the hats are stamped with the date of manufacture.

GENERAL EYE PROTECTION

- Approved industrial safety glasses must be worn in most areas of the plant. Office buildings and control centers are usually exempt from these requirements.
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- Chemical Splash/Impact Resistant Goggles must be carried on your person or mounted on your hard hat. Do not carry them under your hard hat!
- If you wear contact lenses, notify Medical and obtain a special hard hat sticker from Safety. In case of an accident or injury, the decal will notify caregivers of the fact that contact lenses are being worn.
- Replace eye protection when scratches, pits, or other evidence of wear indicate that the protection is less than 100% effective. (for example, goggles no longer conform to the shape of the face or if the straps are weak.).