

STAY
SAFE



THE IMPORTANCE OF PERSONAL PROTECTIVE EQUIPMENT

Personal protective equipment, commonly referred to as “PPE”, is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. These injuries and illnesses may result from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Personal protective equipment may include items such as gloves, safety glasses and shoes, earplugs or muffs, hard hats, respirators, or coveralls, vests and full body suits.

WHAT CAN BE DONE TO ENSURE PROPER USE OF PERSONAL PROTECTIVE EQUIPMENT?

All personal protective equipment should be safely designed and constructed, and should be maintained in a clean and reliable fashion. It should fit comfortably, encouraging worker use. If the personal protective equipment does not fit properly, it can make the difference between being safely covered or dangerously exposed. When engineering, work practice, and administrative controls are not feasible or do not provide sufficient protection, employers must provide personal protective equipment to their workers and ensure

its proper use. Employers are also required to train each worker required to use personal protective equipment to know:

- When it is necessary
- What kind is necessary
- How to properly put it on, adjust, wear and take it off
- The limitations of the equipment
- Proper care, maintenance, useful life, and disposal of the equipment

If PPE is to be used, a PPE program should be



implemented. This program should address the hazards present; the selection, maintenance, and use of PPE; the training of employees; and monitoring of the program to ensure its ongoing effectiveness.

A respirator is your line of defense against respiratory illnesses. Reminder: if you are required to wear a respirator for your job; have you completed your annual fit test?

Build microbreaks into the workday for improved health outcomes.

APPLY THE 20-20-20 TECHNIQUE

20-20-20 is a microbreak innovation designed to ease strain. If you find yourself deep in work (e.g. staring at a computer screen, intently focused on a task-at-hand, or physically carrying out repetitive work) remember the 20-20-20 rule. This quick routine may ease tension and improve focus.

- Take a pause after every 20 minutes of work.
- Pause, and glance at something at least 20 feet away for 20 seconds.

SITTING OR STANDING STATIONARY ALL DAY IS NOT HEALTH PROMOTING

Be certain to reduce stagnation and move more. A quick guideline: after sitting for 20 minutes, walk around for 2 minutes.

REMEMBER PROPER POSTURE

when walking or standing. Harvard Health recommends:

- chin parallel to the floor
- shoulders even, and relaxed (roll your shoulders up, back, and down to help achieve this)
- neutral spine (no flexing or arching to overemphasize the curve in your lower back)
- arms at your sides with elbows straight and even
- abdominal muscles contracted or pulled in
- hips even and level
- knees even (not locked) and pointing straight ahead
- body weight distributed evenly on both feet

REMEMBER PROPER POSTURE WHEN SITTING

- When sitting down, keep your chin parallel to the floor; your shoulders, hips, and knees at even heights; and your knees and feet pointing straight ahead.



Personal Protective Equipment



A respirator is your line of defense against respiratory illnesses. Reminder: if you are required to wear a respirator for your job, have you completed your annual fit test?



This article is for educational purposes and not intended to diagnose or treat any condition or to give medical advice. Always consult your primary care provider for healthcare instructions. External links are provided as references and do not indicate an endorsement by Medcor. External links are subject to other sites' terms of use and privacy policies.

