

Topic: Personal Protective Equipment Checklist

Are there flying particles, dust, hazardous chemicals, extreme heat or light?

If yes:

- Is proper PPE available and used? (e.g. safety goggles, face shields, UV protective glasses, welding shield)
- Does the PPE fit and is it in good condition?

Is there a danger from falling, flying or thrown objects, or other harmful head contact?

If yes:

- Is the proper PPE available and used? (hard hat)
- Has the PPE been replaced as suggested by the manufacturer (usually annually for the suspension and every 5 years for the shell)?

Are there irritating dust particles or toxic fumes in the work area?

If yes:

- Is there a respiratory protection program in place that includes annual fit testing?
- Is the proper PPE available and used? (e.g. dust masks, respirators, supplied-air respirators)
- Has the wearer been fit-tested in the last year?

Is work performed at heights where a person could be injured by a fall?

If yes:

- Is proper PPE available and used? (fall prevention or fall arrest systems)



Does the work require continuous lifting, twisting or bending?

If yes:

- Are mechanical aids used, or proper lifting techniques followed to prevent musculoskeletal injury?

Is there continuous exposure to loud noises or sudden loud noises?

If yes:

- Is proper PPE (ear plugs, ear muffs) available and being used?

Hands, arms, feet and legs: Does the work include pinch-points, irritating chemicals, extreme hot/cold or danger of injury to the feet or toes?

If yes:

- Is the proper PPE used (e.g. long sleeves, chaps, work gloves, steel-toed boots)?