



SAFETY TALK

Basic personal protective equipment

Basic personal protective equipment (PPE) is an everyday, must-have for workers in the heavy construction industry. As the last line of defense for workers, it is key to be aware of its use.

Remember to review your company's PPE policy and safe work procedures to know what PPE is needed for any task!

	What are the dangers?	Protect yourself
Eye protection	Eye damage from projectiles, dust, particulates and ultra-violet (UV) rays	Wear safety glasses with side shields and UV protection if needed
Hearing protection	Exposure to harmful noise levels and hearing loss over time	Wear hearing protection (ear muffs, ear plugs or both) when noise levels are above 85 dBA
Head protection	Head injuries from falling objects or lateral impacts	Wear hard hats with adjustable head band and suspension
Foot/ankle protection	Foot injuries from falling objects, punctures from sharp materials and sprain/strains	Wear CSA-approved safety footwear (look for the green triangle) with ankle support
Visibility	Injuries due to decreased visibility to other workers, drivers and equipment operators	Wear reflective vests, jackets or other clothing to increase visibility to others so others notice you

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns:

Corrective Actions:

Employee Name:

Employee Signature:

