

# Personal protective equipment (PPE)

- Check you've got all the PPE you need
- Make sure it's in good condition
- Wear it – every time



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PPE is your last line of defence against injury. Wear it every time for every task it's needed for.

## **Check you've got all the PPE you need for what you're doing today**

- Do you need a higher class of hearing protection, dust mask or safety goggles?
- Is your PPE up to standard? Check for the NZ Standards number and/or the 'S' mark of compliance.
- Don't forget about sunscreen – it must be at least SPF 30, broad spectrum, water-resistant and reapplied every 2 hours.

## **Make sure it's in good condition – it's clean and undamaged**

- Are there any rips or creases in the earmuff pads? Are your boots in good condition? Do you need a new dust mask? Are any straps broken on your chaps or helmet?
- Check hi-viz clothing – ideally it has reflective strips for working in low light and it must be in good condition and clean enough so you can be seen easily.
- Does it fit well? Borrowed PPE can be better than none, but badly fitting PPE – such as boots or gloves that are too big – causes its own problems.

## **Wear it – and wear it right, every time**

- Plenty of injuries happen when doing 'just a quick job' so wear your PPE every time you do a job that needs it.
- Always wear it properly. Do up straps and laces, don't wear earmuffs or helmets over hats or hoodies, and have your visor down when it needs to be.
- Remind your workmates – if you see someone not wearing their PPE, or not wearing it right, speak up.