FRONTLINE PPE TRAINING

PPE THAT FITS THE HAZARD

OSHA 1910 + 1926

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SELECT • FIT •

INSPECT • USE

PERSONAL PROTECTIVE EQUIPMENT

CLASS OBJECTIVES

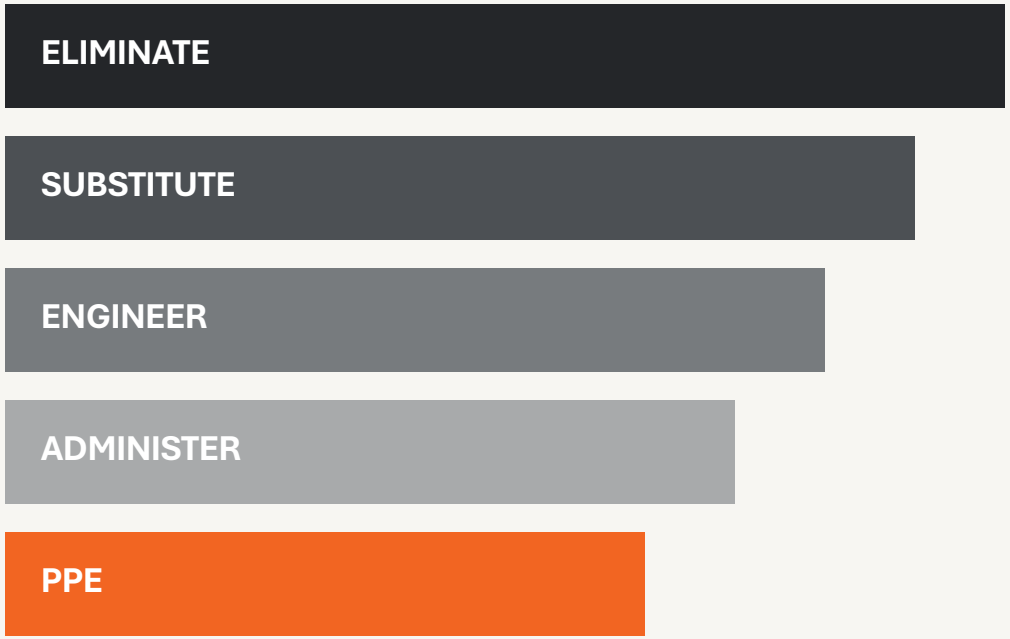
By the end of class, you can...

Use these four actions on every task.

01	**RECOGNIZE**	Identify chemical, heat, electrical, impact, respiratory, and machinery hazards.
02	**MATCH**	Select head, eye/face, body, hand, foot, respiratory, and arc-flash PPE for the hazard.
03	**USE**	Check fit and compatibility; inspect, put on, wear, remove, clean, and store PPE correctly.
04	**ACT**	Explain PPE limits, stop work when conditions change, and report damage or poor fit.

THE OPERATING PRINCIPLE

PPE is the last line of defense



Control the hazard first.
Use PPE for remaining exposure.

1910

GENERAL INDUSTRY

Hazard assessment • selection • fit • training

1926

CONSTRUCTION

Appropriate PPE • safe design • proper fit • instruction

Worker role: wear it correctly, inspect it, and report damage or poor fit.



HEAD PROTECTION

Match the helmet to impact and electrical exposure

IMPACT

Falling or flying objects • overhead work • struck-by exposure

ELECTRICAL

Use head protection designed for the shock hazard when exposed conductors could contact the head.

FIELD CHECK

Shell, suspension, chin strap, fit — no cracks, cuts, UV damage, or unapproved holes.

EYE + FACE PROTECTION

Protect the eyes first — then add face coverage

01 **IMPACT**

Safety glasses with side protection; add a face shield for severe flying-particle exposure.

02 **CHEMICAL SPLASH**

Use splash goggles; add a compatible face shield when the face is exposed.

03 **HEAT + LIGHT**

Use the correct filter shade and face protection for molten metal or injurious radiation.

A face shield does not replace primary eye protection.





BODY PROTECTION

No single garment protects against every hazard

CHEMICAL

Match fabric, seams, breakthrough time, and coverage to the specific substance and task.

HEAT

Use heat- or flame-resistant clothing where selected; manage heat stress created by the ensemble.

IMPACT / CUT / VISIBILITY

Add aprons, sleeves, high-visibility garments, or cut-resistant layers only when the assessment calls for them.

Inspect closures and seams. Decontaminate or dispose exactly as the program requires.

HAND PROTECTION

The glove must match the task — not just the job title

01

CHEMICAL

Check permeation and breakthrough data for the exact chemical.

02

HEAT

Select temperature-rated gloves for the contact and exposure time.

03

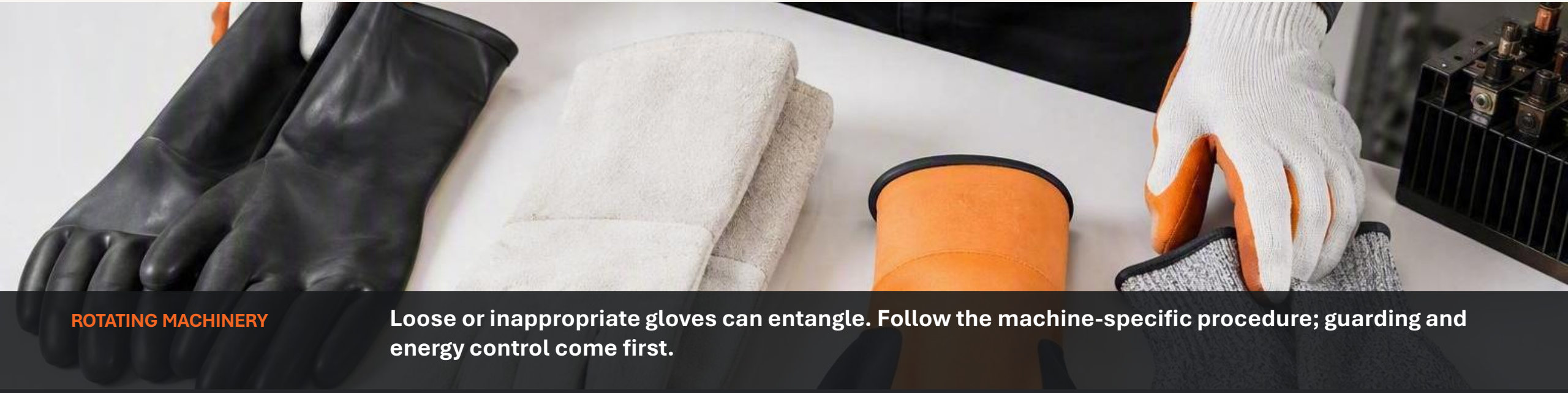
ELECTRICAL

Use voltage-class rubber insulating gloves with required protectors.

04

CUT / IMPACT

Match cut, puncture, crush, and dexterity needs to the task.



ROTATING MACHINERY

Loose or inappropriate gloves can entangle. Follow the machine-specific procedure; guarding and energy control come first.

FOOT PROTECTION

Footwear protects against more than dropped objects

IMPACT + COMPRESSION

Protective toe where falling or rolling objects threaten the foot.

PUNCTURE

Sole protection where nails, scrap, or sharp debris may penetrate.

SLIP / HEAT / CHEMICAL

Choose outsole and upper materials for the surface and substance.

ELECTRICAL

Select footwear for the specific residual static or shock hazard — never as the only control.

Check the marking, tread, sole, toe, and fit before work.



RESPIRATORY PROTECTION

A respirator is a program — not just a mask

1. **CONTROL**
   Enclose, ventilate, or substitute first wherever feasible.

2. **SELECT**
   Match the respirator, filter, or cartridge to the measured hazard.

3. **QUALIFY**
   Medical evaluation, training, and fit testing before required use.

4. **CHECK**
   Inspect and perform the user seal check every time it is worn.

Do not improvise cartridges, change schedules, or fit.





ARC FLASH + ELECTRICAL

DEENERGIZE FIRST.

Lock out and tag out before the work qualifies as deenergized.

IF ENERGIZED WORK IS JUSTIFIED

- Assess the shock and arc hazards.
- Use electrical PPE for the body parts exposed.
- Select arc-rated clothing and PPE at or above the assessed incident energy.
- Inspect and wear the complete system correctly.

Low voltage does not mean low arc-flash risk.

OSHA 1910.137 • 1910.269 App E • 1910.335 • 1926.97 • 1926.416–417 • 1926.960

PPE cannot replace guards or energy control

Keep the hazard inside the control boundary — keep the worker outside it.

HAZARD ZONE

POINT OF OPERATION
IN-RUN NIP • ROTATING PARTS

FIXED / INTERLOCKED GUARD



SAFE WORK ZONE

- Operate from the designated position
- Stop and isolate energy before clearing or servicing
- Keep clothing, hair, jewelry, and gloves controlled
- Report missing, damaged, or bypassed guards

WHAT PPE CAN DO

Protect eyes, face, feet, hearing, or body from residual exposure identified by the assessment.

WHAT PPE CANNOT DO

Prevent contact with moving parts, stop unexpected startup, or make reaching into a hazard zone safe.

STOP-WORK TRIGGER

Guard missing • energy not isolated • PPE conflicts with the task • fit or condition is wrong.

BEFORE EVERY TASK

Match. Inspect. Wear. Report.

01	MATCH	Hazard • task • standard • PPE
02	INSPECT	Fit • condition • compatibility
03	WEAR	Correctly • completely • every time
04	REPORT	Damage • poor fit • changed conditions

CORE OSHA REFERENCES

GENERAL
1910.132 • 1926.95 • 1926.21

HEAD / EYE / FACE
1910.135 • 1910.133 • 1926.100 • 1926.102

HAND / FOOT / BODY
1910.138 • 1910.136 • 1926.96 • OSHA OTM VIII-1

RESPIRATORY
1910.134 • 1926.103

ELECTRICAL / ARC
1910.137 • 1910.269 • 1910.335 • 1926.97 • 1926.416–417 • 1926.960

STOP WORK when the hazard changes or the PPE no longer fits the task.

Official references: osha.gov • Verify site procedures and the current standard before use.

During a chemical transfer, splash exposure could reach the eyes and face. What is the best protection?

A Safety glasses only

B A face shield only

C Chemical-splash goggles plus a compatible face shield

PRESS SPACE TO REVEAL THE ANSWER

ANSWER

During a chemical transfer, splash exposure could reach the eyes and face. What is the best protection?

A Safety glasses only

B A face shield only

C Chemical-splash goggles plus a compatible face shield

WHY Goggles provide primary eye protection; the face shield adds broader face coverage. A face shield alone does not replace eye protection.

Press Space for the next question.

A machine guard is missing and the task normally creates flying particles. What should you do first?

A Put on gloves and proceed slowly

B Stop work and have the guard restored before operating

C Use a face shield and stand farther away

PRESS SPACE TO REVEAL THE ANSWER

ANSWER

A machine guard is missing and the task normally creates flying particles. What should you do first?

A Put on gloves and proceed slowly

B Stop work and have the guard restored before operating

C Use a face shield and stand farther away

WHY PPE can reduce residual exposure, but it cannot replace machine guarding or energy control. Do not operate with the safeguard missing or bypassed.

Press Space for the next question.

Before electrical work begins, what is the preferred first action when the task can be performed deenergized?

A Deenergize, lock out, and tag out the circuit

B Wear arc-rated PPE and begin work energized

C Rely on voltage-rated gloves as the only control

PRESS SPACE TO REVEAL THE ANSWER

ANSWER

Before electrical work begins, what is the preferred first action when the task can be performed deenergized?

A **Deenergize, lock out, and tag out the circuit**

B Wear arc-rated PPE and begin work energized

C Rely on voltage-rated gloves as the only control

WHY Deenergize first, then complete lockout/tagout. If energized work is justified, the employer must assess the shock and arc hazards and select the complete PPE system.

Press Space for the next question.