



DIRIGO SAFETY, LLC

PUBLIC SAFETY ADVOCATES

Course Title: Personal Protective Equipment (PPE) Training for Employees

Time: 1 hour

Learning Objectives:

- **Recognize When to Use PPE:** Identify situations where PPE is necessary and understand its limitations.
- **Identify and Select Appropriate PPE:** Understand the types of PPE available and choose the right equipment for specific tasks.
- **Properly Use and Fit PPE:** Correctly put on, adjust, wear, and remove PPE to maximize protection.
- **Maintain and Inspect PPE:** Apply proper care and maintenance practices, recognize signs of wear or damage, and determine when PPE is no longer effective.
- **Safely Dispose of PPE:** Follow safe disposal procedures to ensure compliance and protect the environment.

Course Outline Sections:

- Personal Protective Equipment (PPE)
 - PPE Basics
 - Last Level of Control
 - Engineering Controls
 - Design Specifications
 - Material Substitution
 - Process Changes
 - Ventilation Systems
 - Work Practice Controls
 - Suppressing Dust
 - Personal Hygiene



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- Housekeeping and Maintenance
- Rotating Job Assignments
- Cooperative Effort
- Employee Responsibilities
 - Wearing PPE
 - Participating in Training
 - Maintaining PPE
 - Reporting Issues
- Hazard Assessment
 - Physical Hazards
 - Health Hazards
- Periodic Reassessment
- Selecting PPE
- OSHA and Maine State Plan
- ANSI Standards
 - Eye and Face Protection
 - Head Protection
 - Foot Protection
 - Electrical Rubber Insulating Equipment
 - Gloves
- Employer Provided
- Head Protection
 - Safety Helmet Key Requirements
 - Penetration Resistance
 - Shock Absorption
 - Water Resistance and Fire Retardant
 - Clear Instructions
 - Types of Hard Hats
 - Class C (Conductive)
 - Class G (General)
 - Class E (Electrical)



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- Size and Care of Head Protection
 - Fit
 - Accessories
 - Inspection and Cleaning
 - Storage and Replacement
- Eye and Face Protection
 - Eye Protection Use and Fit
 - Types of Eye Protection
 - Safety Spectacles
 - Goggles
 - Welding Shields
 - Laser Safety Goggles
 - Face Shields
 - Video – Putting on and taking off a mask
- Body Protection
 - Types of Body Protection
 - Material Types for Protective Clothing
 - Paper-like Fiber
 - Treated Wool and Cotton
 - Duck Cloth/Canvas
 - Leather
 - Rubber and Synthetic Materials
 - Personal Fall Protection Systems
- Hand and Arm Protection
 - Selecting Protective Gloves – Factors to Consider
 - Type of Chemicals
 - Nature and Duration of Contact
 - Area of Protection
 - Grip and Thermal Needs
 - Fit, Comfort, and Durability
 - Types of Protective Gloves



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- Leather, Canvas, or Metal Mesh Gloves
- Fabric and Coated Fabric Gloves
- Chemical- and Liquid-Resistant Gloves
- Insulating Rubber Gloves
- Types of Protective Gloves: Specialized Materials
 - Norfoil Laminate
 - Butyl
 - Viton
 - Nitrile
 - Kevlar
 - Stainless Steel Mesh
- Care of Protective Gloves
 - Inspect Before Each Use
 - Visual and Water Test
 - Look for Signs of Degradation
 - Discard Damaged Gloves
 - Evaluate Chemical-Resistant Gloves for Reuse
- Foot and Leg Protection
 - Types of Foot and Leg Protection
 - Leggings
 - Metatarsal Guards
 - Toe Guards
 - Combination Foot and Shin Guards
 - Safety Shoes
 - Electrical Safety Shoes
 - Conductive
 - Non-Conductive
 - ANSI-Approved Footwear
 - Care of Protective Footwear
 - Inspect Before Each Use
 - Regular Wear and Tear Checks



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- Sole Inspection
- Follow Manufacturer Guidelines
- Hearing Protection
 - Noise Reduction Rating (NRR)
 - Exposure Limits
- Respiratory Protection
 - OSHA Respirator Standard
 - Respiratory Protection Standard for Maine Public Sector
- Personal Protective Equipment (PPE) Continued
 - Video – Maine Video Display Terminal (VDT) Law
 - CDC PPE Sequence Guide
 - Summary
- QUIZ: Personal Protective Equipment (PPE) Training for Employees