

## Personal Protective Equipment Guide for COMMUNITY CONNECTION Inc.



### Sun Protection

All workers who are working in the sun should apply sun cream and wear a hat and sunglasses at all times. Community Connection provides all of the above items, to ensure workers are correctly protected against sun exposure. Protect the face, neck, ears and eyes:

- A hat with a broad brim 10-12 cm, or with a flap at the back (Legionnaires type); or
- A hard hat with a flap or brim added.
- Sunglasses. Refer to Australian Standard AS1067.

Sunscreens protect any skin not covered by clothes (face, ears, back of neck, hands, legs etc):

- Use a 15+ broad spectrum sunscreen.
- Apply it 20 minutes before going outside.
- Reapply it every 2 hours.
- Apply zinc cream to lips and nose for extra protection.



### Safety Footwear

Closed footwear should be worn at all times whilst on site. Footwear must be fitted correctly and be comfortable for workers. Steel capped boots or shoes are required whenever there is a risk of injury to your feet due to falling objects.



### Safety Glasses

Safety glasses are necessary in dusty environments and if there is any risk of sparks or flying debris. Face masks and acid proof goggles shall be used where appropriate to the risk.



### Hearing Protection

Hearing protection should be used when noisy equipment is in use, eg lawn mower, whipper snipper, grinders etc.



### Hand Protection

Appropriate gloves should be worn to minimise injuries to hands, for example when handling timber, wire, and chemicals such as solvents, fuels, acids (check the MSDS).



### Respiratory Protection

The appropriate mask or respirator (with correct filters) shall be used in areas of fine dust, gas, fumes and vapour (check the MSDS).



### Long Sleeves and Pants

Long sleeves and pants, preferably cotton, providing ankle to wrist cover should be worn to protect against chemicals, abrasion, stings, bites and UV exposure. Clothes providing the best protection:

- Long sleeved shirts.
- Darker colours are best.
- Tight weave of material.
- Loose fitting for coolness.
- With a collar to protect the neck.