

# PERSONAL PROTECTIVE EQUIPMENT

COURSE CONTENT OVERVIEW

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This e-learning course has been designed to educate those who work in high-risk industries about the use of personal protective equipment. It will help you meet legal requirements when using PPE and appropriately select, use, and maintain it so to ensure the wellbeing of everyone in the workplace.

The course is suitable for anyone who works in a high-risk industry or where the presence of hazards and risks cannot be sufficiently controlled by other safety measures. Upon completion of the course, you will be fully prepared to meet legal requirements surrounding the use of PPE and maintain a healthy, safe working environment.

### **Module One: Introduction and Legislation**

This module provides a general overview of personal protective equipment. It explains what PPE's purpose is, what its legislation states, and the importance of using it to safeguard your employees from hazards at work that other safety measures cannot sufficiently control.

- What is personal protective equipment?
- Health and safety law
- Legislation relating to personal protective equipment
- Employers' responsibilities
- Employees' responsibilities
- Types of personal protective equipment
- Why is personal protective equipment important?

### **Module Two: Selection, Use, and Maintenance**

This module provides a comprehensive guide for properly selecting, using, and maintaining your personal protective equipment. It details the five steps for carrying out a risk assessment and explains how diligence will ensure that PPE remains 100% effective.

- How do I decide if PPE is needed?
- What is a risk assessment?
- How do I properly select PPE?
- Ill-fitting personal protective equipment
- Fake personal protective equipment
- Who covers the costs of PPE?
- The use of personal protective equipment
- PPE safety signs
- Maintenance of personal protective equipment

### **Module Three: Breathing, Skin, and Eye Protection**

This module aims to familiarise you with the various types of breathing, skin, and eye protection that will shield workers from hazards. It discusses respiratory protective equipment, safety gloves, and eye protection, explaining their features and uses.

- What is personal protective equipment?
- Health and safety law
- Legislation relating to personal protective equipment
- Employers' responsibilities
- Employees' responsibilities
- Types of personal protective equipment
- Why is personal protective equipment important?

### **Module Four: Hearing and Head Protection**

This module is designed to educate you about the hearing and head protection available that will protect people from work-related hazards. It provides information about how to effectively use head and ear protection, as well as how to measure noise at work.

- Head protection
- How do I determine if head protection is needed?
- How do I ensure head protection's effectiveness?
- Why is head protection important?
- Good practices for head protection
- Ear protection
- How do I determine if ear protection is needed?
- Sound measuring equipment
- Exposure action values
- How do I ensure ear protection's effectiveness?
- Combined PPE

### **Module Five: Body and Foot Protection**

This module provides a comprehensive list of the various types of body equipment, including high visibility, that are designed to protect workers from various hazards. It also details the types of foot protection available and the safety features they may come with.

- Body protection
- High visibility clothing
- How do I determine if body protection is needed?
- What about those in demolition work?
- What about those exposed to the sun?
- How do I ensure body protection's effectiveness?
- Foot protection
- How do I determine if foot protection is needed?
- How do I ensure foot protection's effectiveness?

## Aims of the Training

By the end of this course, learners will have a thorough understanding of:

- What personal protective equipment is, the relevant legislation relating to it, employers and employees' duties, and why it is important in the workplace.
- How to decide if PPE is needed, how to carry out a risk assessment, how to properly select PPE, and how to use it effectively.
- The importance of safety signs, thoroughly maintaining and properly storing equipment, and ensuring that it is suitable for its intended user.
- The various breathing, skin, and eye protective equipment available - including what industries they would be suitable for and how you can maximise their effectiveness.
- The various ear and head protective gear available - including what workplaces they would be suitable for and how you can determine the need for ear PPE by monitoring noise levels.
- The various body and foot protective equipment available - as well as what workplaces and workplace activities may require them. This includes the importance of high visibility attire.