



TOOLBOX TALK

PERSONAL PROTECTIVE EQUIPMENT

INTRODUCTION

Personal Protective Equipment (PPE) refers to equipment, clothing, or gear worn or used by individuals to protect themselves from potential hazards or risks that may result in workplace injury, illness, or death. This toolbox talk aims to raise awareness of the importance of PPE and how it can help prevent workplace health and safety incidents.

PURPOSE OF PPE

PPE is one part of a comprehensive safety program. It should be used alongside other safety measures, such as engineering and administrative controls, to create a safe work environment for all employees.

KEY POINTS

- Identify the potential hazards and determine what PPE is required. This may include eye protection, hard hats, gloves, hearing protection, etc. If uncertain, consult your supervisors or HSE advisor.
- PPE should be used correctly, as instructed.
- Regularly inspect your PPE for any damage or wear and tear. Damaged PPE should be replaced immediately.
- Proper cleaning and maintenance of PPE is important. Regularly clean and sanitize your PPE to keep it in good condition.

EXAMPLES OF PPE

Hard Hat Safety goggles



Noise Protection

Safety Shoes

Safety Vest



CONCLUSION

Wearing PPE is a crucial step in ensuring the safety of workers by reducing the risk of workplace injuries and incidents. We are all responsible for ensuring that PPE is appropriately used in the workplace.

DISCUSSION QUESTIONS

1. Have you witnessed any incidents or near-misses that could have been prevented using PPE?
2. Are you inspecting your PPE regularly for damage or wear and tear?



This is not a substitute for professional occupational health and safety advice. Always seek competent advice based on your regulatory requirements and hazards. Every employee should receive regular training as per local government requirements. Always read and follow all manufacturer guidelines. OPAS Mobile and Mavin Industrial Limited assume no responsibility or liability for any error or omissions in the content of this material. The information contained herein is provided on an "as is" basis with no guarantees of completeness, accuracy, usefulness or timelines.



SUSPENDED LOADS

POTENTIAL HAZARDS

Working with suspended loads can be dangerous and should be done with great care and attention to safety. Suspended loads are objects lifted or held in place by a crane, hoist, or other lifting equipment. These loads can be heavy and unstable. An unexpected load fall or shift can cause serious injuries or even fatalities. Employees working with or around suspended loads must understand the hazards and how to prevent potential incidents and injuries.

BEFORE Moving Suspended Loads

- 1 Ensure that the lift area is clear of people and other obstacles, such as power lines.
- 2 Make sure the load is within the capability of the lifting equipment. Never exceed the weight capacity.
- 3 Make sure that all lifting equipment is adequately maintained and inspected before each use.
- 4 Determine the swing radius and ensure that the area is secured correctly and that no unauthorized personnel is in the zone. Always ensure no one is under the path of a suspended load.
- 5 Make sure the load is properly secured before lifting. Check that all slings, chains, or ropes are correctly positioned, and the load is balanced.
- 6 Ensure that only trained and certified personnel are operating the lifting equipment.
- 7 Always take weather conditions into consideration before moving a load.

DURING Moving Suspended Loads

- 1 Always use hand signals or a standardized communication system to coordinate the movements of the lifting equipment and the load.
- 2 If the load starts to shift or become unstable, immediately stop the lift and lower the load to a safe position.
- 3 The load should be carefully monitored during the entire relocation period.
- 4 Don't raise the load higher than is necessary or leave a suspended load in the air.

CONCLUSION

Working with suspended loads can be dangerous and should be performed with great care and attention. Adhering to these safety guidelines can help prevent incident and injuries in the workplace.





FALL PROTECTION

POTENTIAL HAZARDS

Falls are one of the leading causes of workplace injuries and fatalities, mainly when working from heights. To mitigate this hazard, Fall Protection Programs are implemented in the workplace.

FALL PROTECTION PROGRAM

These are controls established to protect workers exposed to a fall hazard or minimize the consequence of a fall. Every workplace with workers exposed to fall hazards must have a fall protection program with a detailed account of the procedures, equipment, and individual responsibility to ensure a safe workplace.

When is it Needed?

Fall protection rules and regulations vary across different jurisdictions and job sites, some being stricter than others.

General Requirement

- Working from heights 3 meters or more
- Working from heights of less than 3 meters when the surface below could cause a more significant injury than just the fall
 - Machinery
 - Open tank or pits with hazardous material
 - risk of drowning
 - Materials that can shift
- Opening in the work surface- Risk of falling through

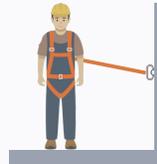
TYPES OF FALL PROTECTION CONTROLS

Engineered Controls



This type of system includes guardrails, safety nets and other fixed barriers that prevent a worker from reaching the edge of a fall hazard

Fall restraint/ work positioning system



This system prevents workers from reaching the edge of a fall hazard by using a lanyard that restricts movement to a safe working area.

Fall Arrest



This system lessens the impact of a fall in a controlled manner to minimize injuries.

CONCLUSION

Fall protection must always be a top priority, whether working at heights, on elevated surfaces, or near open edges.

DISCUSSION QUESTIONS

1. Have you read, and understood, your company Fall Protection program documentation?
2. How can we collaborate as a team to ensure that everyone is using fall protection equipment and following safe work practices consistently?





FALL ARREST

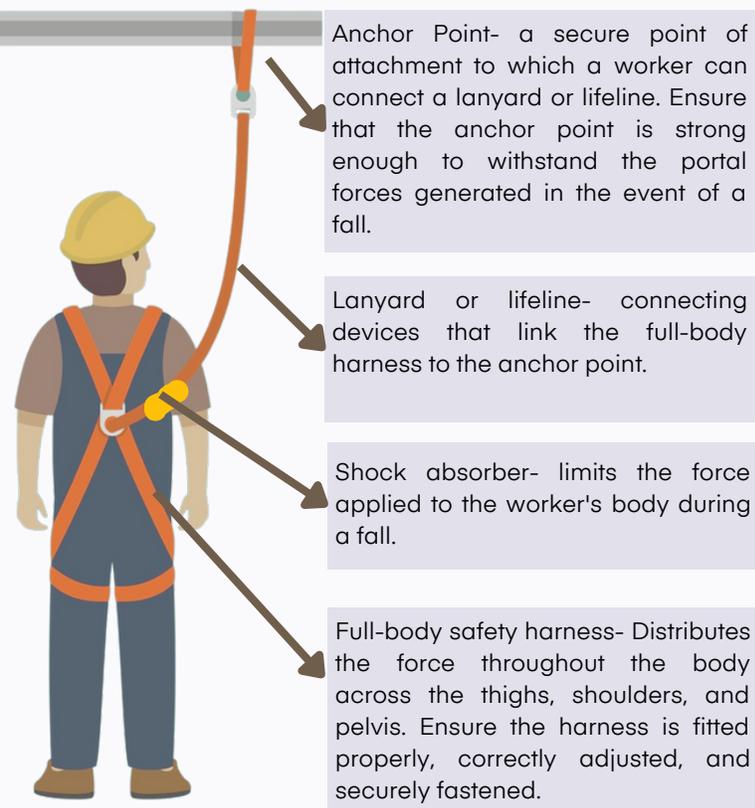
FALL ARREST SYSTEM

It is a fall protection control designed to stop a fall in progress and minimize the impact force on the worker's body in the event of a fall.

WHEN IS FALL ARREST USED

Fall arrest systems are used when other fall protection methods are not available or possible. They are commonly used when work must be performed near an unprotected edge, or workers may need to move freely within the designated work area.

FALL ARREST SYSTEM COMPONENTS



FALL ARREST SYSTEM OBJECTIVES:

- 1 Minimize the impact forces experienced by the worker during a fall.
- 2 Limit the distance of the fall as much as possible.
- 3 Safeguard the worker from colliding with other surfaces while descending.
- 4 Protect the worker from the pendulum effect or swing falls.

LENGTH OF FALL ARREST SYSTEM

Multiple factors need to be considered, such as free fall distance, lanyard length, the fully extended shock absorber, anchor point location, and clearance requirements, to determine the correct length of the system to provide adequate protection in the event of a fall.

DISCUSSION QUESTIONS

1. What actions should you take if you notice any damage or wear on your fall arrest equipment?
2. Have you ever encountered any challenges or difficulties while using a fall arrest system? How did you overcome them?





TOOLBOX TALK

FALL ARREST : RESCUE PLAN

INTRODUCTION

A rescue plan is an essential part of working with fall arrest systems. These are procedures to rescue a worker who has fallen and is suspended in their fall protection system.

HAZARDS OF PROLONGED SUSPENSION AFTER

1 SUSPENSION TRAUMA

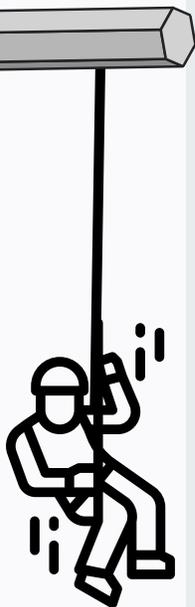
occurs when blood pools in the legs, leading to decreased blood circulation, low oxygen levels, and a buildup of waste products. It may result in dizziness, loss of consciousness, organ failure, or even death if not addressed promptly.

2 RESPIRATORY ISSUES

reduced chest movement and pressure on the diaphragm can cause restricted breathing, leading to respiratory distress.

3 PSYCHOLOGICAL DISTRESS

can lead to mental and emotional exhaustion, making remaining calm more challenging.



IMPORTANCE OF A FALL ARREST RESCUE PLAN

In some situations, a well-designed and rehearsed rescue plan can mean the difference between life and death. It is essential to have a well-developed rescue plan focused on timely and effective rescue procedures to minimize the risks associated with prolonged suspension and ensure the worker's well-being.

PROPER TETHERING TECHNIQUES

1 CHOOSE THE RIGHT TETHER

Select a tether appropriate for the tool's weight and size. The tether should also be strong enough to withstand any potential impact.

2 INSPECT THE TETHER REGULARLY

Before use, tethering devices should be inspected for damage, fraying, kinking and loose or broken stitching. Immediately replace damaged or worn tethers.

3 ATTACH THE TETHER CORRECTLY

Ensure the tether is securely attached to the tool and the worker or stationary object. Use a locking carabiner or other secure attachment points.

4 CHOOSE THE RIGHT LENGTH OF TETHER

The tether should be long enough to allow the worker to use the tool effectively but not so long that it creates a tripping hazard or interferes with other workers.

A well-prepared rescue plan for fall arrest systems is a crucial component of a fall protection program. It's important to ensure the plan is regularly reviewed, updated, and communicated to all workers to ensure it is conducted effectively and efficiently, strengthening safety in the event of a fall.



This is not a substitute for professional occupational health and safety advice. Always seek competent advice based on your regulatory requirements and hazards. Every employee should receive regular training as per local government requirements. Always read and follow all manufacturer guidelines. OPAS Mobile and Mavin Industrial Limited assume no responsibility or liability for any error or omissions in the content of this material. The information contained herein is provided on an "as is" basis with no guarantees of completeness, accuracy, usefulness or timelines.

