







## Check what you know

A safety harness is worn by workers when they are working at a height of \_\_\_\_\_ metres or more from the ground. I would use a safety harness if I was...

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Earmuffs versus Earplugs. What is the difference?

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Earmuffs versus Earplugs. What is the same?

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What will help to protect a worker's head from falling objects and other accidents?

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What will help to protect a worker's feet from falling heavy or sharp objects?

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# Circle which of these workers would wear a face mask

Underline these workers who need to wear a respirator:

- pest controller      fire fighter      dentist      nurse      floor sander  
crop grower      nail technician      nuclear power plant worker

Face shields and visors provide protection to what parts of the face?

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What PPE will protect your eyes?

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If you were a vet, would you wear a disposable gown?

Yes

No

Why? / Why not?

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What is something that welders, fire fighters, and bakers all have to wear?

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Tick all that apply

People wear disposable gloves to protect them from:

heat

disease

mosquitoes

the cold




chemicals

human blood








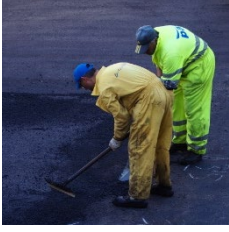


PPE Item	How it protects you	Picture of someone wearing the PPE	NOTES
<p><b>Disposable respirators (face masks)</b></p>	<p>Face masks are worn to protect workers from inhaling tiny particles in the air that could cause harm to the lungs. The hazardous particles may be from chemicals, fertilisers, or dust. Disposable respirators are worn once and then thrown away.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Re-usable respirator</b></p>	<p>Re-usable respirators are worn on the face by workers who are working with chemicals or gases that can cause disease or other harm to the lungs. They can be worn more than once and have replaceable filters that capture small hazardous particles.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Face shields</b></p>	<p>Face shields and visors provide protection to the face including the skin, mouth, nose, and eyes, caused by extreme heat, sharp flying objects, dust particles, or electrical sparks.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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PPE Item	How it protects you	Picture of someone wearing the PPE	NOTES
<p><b>Safety glasses and goggles</b></p>	<p>Safety glasses and goggles provide protection to the eyes, caused by sharp flying objects, dust particles, or electrical sparks. Some safety glasses can be tinted to provide protection against the sun if being worn outside.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Earplugs</b></p>	<p>Earplugs are placed inside the ears to protect a worker's ears from loud noise that can cause hearing loss.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Earmuffs</b></p>	<p>Earmuffs are placed over the ears to protect a worker's ears from loud noise that can cause hearing loss.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Protective coveralls</b></p>	<p>Coveralls are worn over a worker's regular clothes to protect them from damage caused by paints, chemicals, dirt, or other things that can stain.</p>		<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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## Tick all that apply

### Safety helmet or 'hard hat'

- Protects your head from:
  - falling objects
  - hitting your head on something hard
  - the sun

### Safety harness

- Protects your body from falling to the ground
- Wear if you are 2 metres or more off the ground:
  - on a roof
  - up a tree
  - on scaffolding

### Steel-capped boots or shoes

- Protect your feet from:
  - heavy objects
  - sharp objects

### Disposable respirators (face masks)

- You wear once and then throw away
- Protect your lungs from breathing in dangerous:
  - chemicals
  - fertilisers
  - dust

### Re-usable face respirators

- You wear more than once
- Have replaceable filters
- Protect your lungs from breathing in:
  - chemicals
  - gases

### Safety glasses and goggles

- Protect your eyes from
  - sharp flying objects
  - dust
  - electrical sparks
- Can be tinted to protect from the sun



## Face shields and visors

- Protect your face including:
  - skin
  - mouth
  - nose
  - eyes
- Protects from:
  - extreme heat
  - sharp flying objects
  - dust particles
  - electrical sparks

## Earplugs

- Wear inside the ears
- Protects hearing

## Earmuffs

- Wear over the ears
- protects hearing loss

## Heat-resistant gloves

- Protect hands from burns from very hot objects
- Worn by welders, fire fighters, and bakers.

## Protective coveralls

- Wear over clothes
- Protects clothes from damage by:
  - paints
  - chemicals
  - dirt
  - things that can stain.

## Disposable gowns






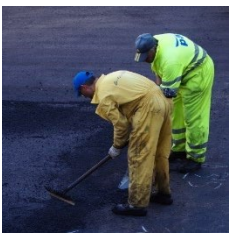
- Protect from blood (that could carry disease)
- Worn by health workers e.g., doctors and nurses







## Disposable gloves

- Protect hands from
  - chemicals
  - blood (that could carry disease)
  - germs



## Match the protective equipment with the danger




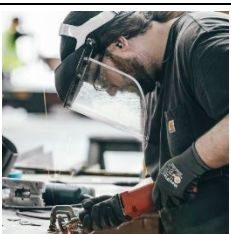
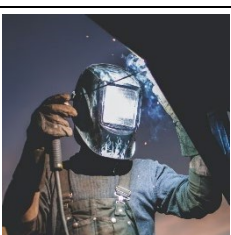
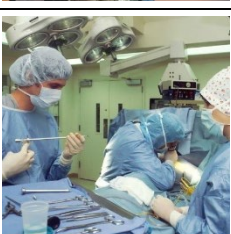
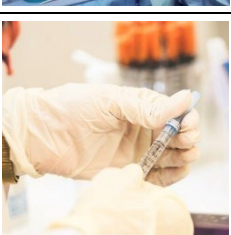
PPE Item	
	<p>Safety helmet or 'hard hat'</p>
	<p>Re-usable respirator</p>
	<p>Steel-capped boots</p>
	<p>Safety glasses and goggles</p>
	<p>Earmuffs</p>
	<p>Protective coveralls</p>

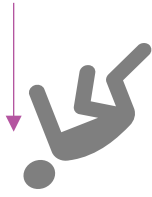






Protects you from	
	<p>Breathing in fertiliser</p>
	<p>Blood</p>
	<p>Breathing in chemicals</p>
	<p>Burns/extreme heat</p>
	<p>Electric sparks</p>
	<p>Sharp flying objects</p>

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## Match the protective equipment with the danger

PPE Item	
	Face shields
	Safety harness
	Disposable respirators (face masks)
	Earplugs
	Heat-resistant gloves
	Disposable gowns
	Disposable gloves

Protects you from	
	Falling to the ground
	Hearing loss
	The sun
	Falling objects
	Sharp objects
	Paint
	Breathing in dust

Images: Pixabay & unsplash.com


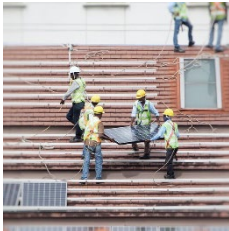



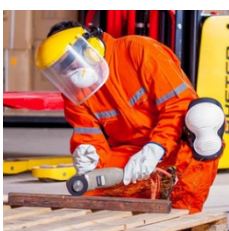




# Workplace safety








## Glossary

Words and terms that appear in this practice

PPE Item	Someone wearing the PPE	NOTES
Safety helmet or 'hard hat'		
Safety harness		
Steel-capped boots		
Disposable respirators (face masks)		
Re-usable respirators		
Face shields and visors		





PPE Item	Someone wearing the PPE	NOTES
Safety glasses and goggles		<hr/> <hr/> <hr/>
Earplugs		<hr/> <hr/> <hr/>
Earmuffs		<hr/> <hr/> <hr/>
Protective coveralls		<hr/> <hr/> <hr/>
Disposable gowns		<hr/> <hr/> <hr/>
Heat-resistant gloves		<hr/> <hr/> <hr/>
Disposable gloves		<hr/> <hr/> <hr/>

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