

Head Protection

Safety helmets offer protection against falling objects and can also guard against crushing or sideways blows and splashes from chemicals. Bump caps should only be used to protect against minor knocks. Hair nets and safety caps can keep hair from getting tangled when working with machinery.

Hearing Protection

Important for working in areas with high levels of noise, such as machinery spaces. Ear plugs are useful but only offer limited noise level reduction. Ear muffs provide a more effective form of protection, especially in noisier environments.

Eye Protection

Eye protection is vital to prevent injury through infra-red rays (from gas welding), ultra violet rays (from electric welding), exposure to chemicals or particles and foreign bodies. Wearing the wrong type of eye protection, such as glasses with no sides can be dangerous.

Body Protection

Overalls can protect the body from hazards such as hot oil, water, welding sparks and chemicals. High Visibility clothing should be worn when it is important to be seen, such as during loading or unloading of cargo.

Hand and Foot Protection

Different types of gloves include: Leather - for handling rough or sharp objects; Heat-resistant - for handling hot objects; Rubber, synthetic or PVC - for handling acids, alkalis, oils, solvents or chemicals. Serious foot injuries often happen because of unsuitable footwear such as sandals or plimsolls.

Also think about...

Respiratory protective equipment is essential for protection when working in conditions where there is irritating, dangerous or poisonous dust, fumes or gases.

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