Toolbox talk

PPE basics

Hard hats, eye and face protection, hi-vis and hearing, matched to the hazard.

PPE is the last line of defense. When it fails, it's usually the wrong gear, gear worn some of the time, or gear that's worn out. This talk covers hard hats, eye and face protection, hi-vis and hearing protection.

Key point **Match the PPE to the hazard, and keep it on for the whole task.**

Hard hats

A hard hat takes the hit from falling tools, shifting material and overhead work, but only if it's worn right and in good shape.

Check the suspension every day. Replace cracked or sun-faded shells, and don't leave your hard hat on the dashboard where the sun cooks the plastic.

Eye and face protection

Eye injuries happen in a split second. Grinding dust, flying chips, hydraulic fluid, or wind blowing debris in. Safety glasses with side shields are the minimum, and some tasks need goggles or a face shield.

Match the protection to the hazard. Grinding means a face shield over your safety glasses. Chemicals mean splash goggles. Cutting metal means impact-rated glasses. And keep them on, even for a second.

High-visibility clothing

Being seen is part of being protected. Wear hi-vis near equipment, roadways, laydown yards and anywhere an operator needs to spot you fast. Visibility drops quickly in dust, shadow, fog and winter light.

ANSI Class 2 and Class 3 gear gives an operator time to react. Replace vests that are dull, torn or faded. They lose reflectivity before you notice.

Hearing protection

Noise damage is slow, and you don't notice it until it's done. Generators, grinders, saws, impact tools and heavy equipment can all push sound past safe levels. If you have to raise your voice to talk to someone an arm's length away, wear plugs or muffs.

Hearing loss is permanent and it adds up, and it's preventable. OSHA's noise standards set the limits.

Ask the crew

1. What's the hazard on today's task, and does our PPE match it?
2. When did you last check your hard hat suspension?
3. Where on this site do you need hearing protection?

Crew sign-in

PPE basics

Date _____ **Site or project** _____

Presented by _____ **Company** _____

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Signing means you attended this talk and had the chance to ask questions.