



# C3 Safety Training: 12 Month Module

## Module 1: January – PPE

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Company Name: \_\_\_\_\_ Date: \_\_\_\_\_

C3 Project Name: \_\_\_\_\_

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- PPE is Personal Protective Equipment.
- PPE is the equipment that workers wear to protect themselves from hazards in their work environment.
- Examples of PPE
  - Eye and face protection
  - Head protection
  - Foot protection
  - Hand protection and body protection
  - Respiratory protection
  - Hearing protection
  - Fall protection
  - Protective clothing
- Employers will provide specific instructions on which PPE will be required at your workplace.
- Employers must inform employees of the PPE selection, provide the PPE to the employees and ensure that the PPE fits properly.
- Employers must provide the required PPE at no cost to the employees, except under certain conditions outlined in the standard.
- Employers are responsible for ensuring that the PPE is properly used and maintained in a sanitary and reliable condition. The employer will also be responsible for the adequacy, maintenance and sanitation of any employee-owned PPE.
- Workers are responsible for inspecting, maintaining, and wearing PPE when needed.
- Workers are also responsible to inform their supervisor if PPE is lost or damaged.
- Workers shall be trained in the: selection, use, maintenance, and inspection of PPE.
- Instructors will demonstrate at least 4 from the following list:
  - Eye and face protection
  - Head protection
  - Foot protection
  - Hand protection and body protection
  - Respiratory protection
  - Hearing protection
  - Fall protection
  - Protective clothing

*Note: Fall protection (this will be demonstrated in the December Monthly Module)*