

# SAFETY TALK

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# PPE & PROPER FIT

Personal Protective Equipment (PPE) is considered the last line of defence to protect an employee from hazards. PPE is worn on the body, shielding you from the hazard. If PPE does not properly fit your body, it can become a hazard instead of protecting you.

## Consider the following warning signs of ill-fitting PPE:

### Hard hats, welding helmets, face shields

- Unable to tighten or loosen to fit to face
- Bulky, uneven fit, even with adjustments

### Safety Glasses & Goggles

- Too wide or thin across the face, too long or short at the temple, or too big or small at the bridge

### Hearing Protection

- Earplugs too big or small for the ear canal
- Earmuffs that are too heavy or not adjustable to fit comfortably

### Respiratory Protection

- Tight-fitting or larger respirators may not adequately seal

### Fall Protection

- Harnesses that are too large or small, limiting movement or adjustability
- Improper location or alignment of straps or buckles

### Apparel (ex. Coveralls, high-visibility apparel, fire-resistant clothing)

- Too large or too small in size, restricting or preventing effective movement and inability to fit around the chest or stomach

### Gloves

- Too tight or loose fit across the fingers or palms, restricting circulation or impacting dexterity, can be an entanglement concern if too big.

### Safety Footwear

- Footwear that is too large or small, improper arch placement or flex point



**It is up to you, the employee who is wearing the PPE, to report any deficiencies, including ill fitting PPE to your supervisor/manager.**