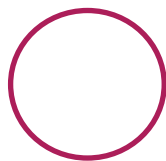


PPE PRIMER



BODY VEST

- Should fit, be securely fastened to ensure stated level of protection
- Classified as either "hard" or "soft," depending on which type and grade of protective material used.

Hard Body Vests: Used in situations where there is potential exposure to live ammunition and shrapnel

- Usually worn over the clothes
- Also known as a "ballistic vest," "bulletproof vest," "flak jacket" or "bullet-resistant armor."
- Should fit tightly under your armpits and around your neck.
- Neck/torso exposure can lead to life-threatening injuries

ADVANTAGES

- Protects the torso, neck, groin and shoulders from life threatening injuries
- Visible deterrent
- PRESS badges can typically be added/removed as the situation requires



DISADVANTAGES

- Heavy and restrictive
- Custom (Import/Export) restrictions
- Expensive
- Raises your visible profile in most environments

PPE PRIMER

Protective eyewear safeguards your eyes from liquids, gasses, smoke, sand, dust and other potentially dangerous items.

Protective eyewear should always

- Fit properly and be securely fastened (behind the ears or with a strap)
- Be compatible with your other PPE you might need to wear (e.g. a face respirator)
- Be appropriate to the dangers you may face (e.g. rubber bullets require ballistic-grade eyewear)



Eyewear considerations:

- Are the lenses anti-scratch and anti-fog? Do they offer UV protection?
- Do they provide an airtight seal? (This is essential if you may be exposed to liquids, gas, chemicals or smoke.)
- Do they have a hard protective bridge above the eye line and to the side of the lenses?
- Do they have a non-slip nose bridge? (This applies to glasses only.)
- Though some eye protection can accommodate prescription lenses, it is usually more cost effective to purchase larger safety goggles that can be worn over your normal prescription glasses.

PPE PRIMER

Head protection should always:

- Be worn the correct way around
- Fit properly and be securely fastened (snug but comfortable)
- Maintain a clear line of vision

The following sports safety helmets can also be used but will NOT be ballistic-resistant to the same level:

- Skateboard (crash) helmet
- Mountain bike helmet
- Canoe helmet
- Rock climbing helmet

Sports Safety Helmets



Ballistic-Grade Safety Helmets



- This helmet profile protects more of the sides and back of cranium
- Ballistic helmets are considered bullet-resistant but not bulletproof, and the curvature of the helmet helps deflect ammunition.
- Some ballistic helmets come with a ballistic visor to help shield the face.
- Interior padding and suspension add comfort for what can be a heavy item to wear.

When selecting protective headwear, always consider:

- What is the level of protection against the threats you might face?
- How far does the headwear extend down the back and sides of the cranium? The lower the helmet extends, the more protection it offers.
- Ventilation ports can potentially expose the cranium to projectiles. How many ports are there and how big are they?
- How compatible is the helmet with other PPE items (such as face respirators and safety goggles)?
- Does it include or accommodate other equipment worn on the head, such as night vision cameras or goggles?

PPE PRIMER

RESPIRATORY PROTECTION

Protecting your lungs and throat is essential when working in a potentially hazardous environment.

Examples of what biological irritants you might encounter

- Tear gas
- Pepper spray
- Thick dust (e.g. post-earthquake or explosion)
- Virus droplets (e.g. COVID-19)
- Wildfire smoke
- Debris smoke (e.g. burning tires or wood)

N-95 or KN-95



- Filters about 95% of airborne particles
- One-time single use

Full-face or half-face respirators

offer the most protection. They are designed to seal tightly to the face so that no air can leak in or out, and a range of air filter canisters are available according to the threat.

Filtering Facepiece Respirators



Filtering facepiece respirators (FFRs) are designed to reduce exposure to airborne particulates such as dust, pollen and smoke fumes.