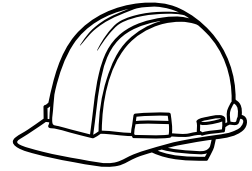


# Personal Protective Equipment Info Sheet



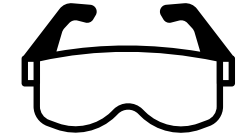
**HEAD PROTECTION**  
CSA Z94.1

Properly fitting head protection is essential to safeguard against impacts, falling objects, and electrical hazards. Helmets should be snug, with the suspension adjusted to sit comfortably on the head, without shifting. Inspect helmets regularly for cracks, dents, or worn suspension systems, and replace damaged components immediately. Ensure the helmet meets CSA Z94.1 standards, and avoid modifying or drilling holes into the shell



**FOOT PROTECTION**  
CSA Z195

Protective footwear must fit well, with enough room to move toes and support the arch. Look for CSA-approved markings to ensure compliance with CSA Z195 standards, which cover toe protection, puncture resistance, and slip protection. Regularly clean and inspect footwear for wear and tear, replacing it if damaged or worn out, especially if soles lose grip or steel toes are exposed.



**EYE & FACE PROTECTION**  
CSA Z94.3.1  
CSA Z94.3

Properly fitting eye and face protection helps prevent injuries from flying debris, chemicals, and radiant energy. Safety glasses, goggles, or face shields must fit securely and comfortably without obstructing vision. Ensure they meet CSA Z94.3 standards and are suitable for the specific hazards of the job. Regularly clean and inspect for scratches or cracks, and replace them if damaged to maintain clear vision and full protection.



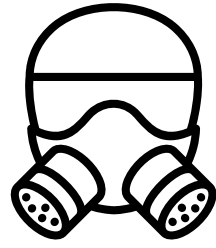
**HIGH VISIBILITY**  
CSA Z96

High-visibility vests and apparel are critical for ensuring workers are visible in all lighting conditions, especially around moving vehicles and equipment. The vest should fit well and not obstruct movement. Ensure it meets CSA Z96 standards, providing the required level of visibility (Class 1, 2, or 3) based on the work environment. Inspect vests regularly for fading, tears, or missing reflective strips, and replace them if their visibility diminishes.



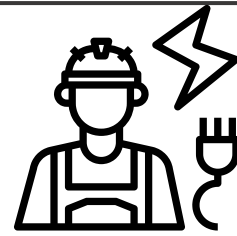
**HAND PROTECTION**  
CSA Z94.1 /SAFETY DATA SHEETS

Ensure CSA-compliant gloves are inspected before use for damage, material condition, seam integrity, and proper fit; during use for functionality and protection; and after use for proper cleaning or disposal, while selecting gloves appropriate for the hazard and training workers on their use and limitations.



**RESPIRATORY PROTECTION  
CSA Z94.4**

Respiratory protection is crucial for safeguarding workers from airborne hazards like dust, fumes, and gases. Ensure the respirator fits snugly, creating a proper seal around the face without air leaks. Follow CSA Z94.4 for the selection, use, and care of respirators. Perform regular fit tests to ensure the mask fits correctly and provide training on donning, doffing, and maintenance. Inspect respirators before each use for cracks, missing parts, or dirty filters, and replace cartridges or filters according to manufacturer recommendations.



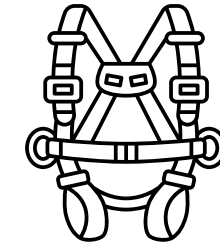
**WORKPLACE ELECTRICAL SAFETY  
CSA Z462**

Electrical PPE, such as arc-rated clothing, insulated gloves, and face shields, protects workers from electrical hazards. Ensure all PPE fits properly and meets CSA Z462 standards for workplace electrical safety. Electrical gloves must fit securely with no holes or tears, and arc-rated clothing should provide full body coverage without being overly tight or loose. Inspect PPE regularly for wear, damage, or contamination, and test gloves as required to maintain insulation effectiveness. Replace any PPE that shows signs of degradation.



**HEARING PROTECTION  
CSA Z94.2**

Hearing protection, such as earplugs or earmuffs, must fit securely to block out harmful noise. Select the appropriate protection based on the noise levels and ensure it meets CSA Z94.2 standards. Earplugs should fit snugly in the ear canal without discomfort, while earmuffs should seal tightly around the ears. Inspect regularly for wear or damage, such as cracks in the cups or compressed foam, and replace them as needed. Keep them clean and dry for proper function.



**FULL BODY HARNESSSES  
CSA Z259.10**

Harnesses are vital for preventing serious injury during falls. Ensure the harness fits snugly but allows for movement without restriction. Straps should be adjusted to eliminate slack, and buckles secured tightly. Follow CSA Z259.10 standards for selecting and using harnesses, and inspect them regularly for frays, cuts, or damaged buckles. Replace any damaged equipment immediately, and ensure proper storage to avoid wear from environmental exposure



**ENERGY ABSORBERS &  
LANYARDS  
CSA Z259.11**

Energy absorbers and lanyards are critical components in reducing the force of a fall on the worker's body. Ensure lanyards are the appropriate length for the work environment and are attached to a secure anchor point. Energy absorbers help dissipate the shock from a fall and must meet CSA Z259.11 standards. Regularly inspect both for fraying, cuts, and damaged hooks or buckles, and replace any compromised components immediately. Do not knot or shorten lanyards as this compromises their effectiveness



**CSA Z259.2.5 - FALL ARRESTERS  
AND VERTICAL LIFELINES**

**Fall arresters and vertical lifelines provide a controlled descent in the event of a fall.**

**The lifeline should be anchored securely above the worker, and the fall arrester must travel freely but lock during a fall. Ensure the equipment meets CSA Z259.2.5 standards for safe use. Inspect the entire system regularly for signs of wear, such as frayed ropes, rusted components, or damaged locking mechanisms, and replace any compromised parts.**



**CSA Z259.16 - DESIGN OF ACTIVE  
FALL PROTECTION SYSTEMS**

**Active fall protection systems include anchors, body supports (harnesses), connectors, and rescue plans.**

**These systems must be carefully designed and installed following CSA Z259.16 standards to ensure they effectively prevent or arrest falls. Proper design considers the forces during a fall, anchor point strength, and clearance requirements. Regular inspections and testing are essential to ensure system integrity. Workers must be trained on the proper use and limitations of the fall protection system, including rescue procedures in case of a fall.**