



PPE options:	Protects:	HAZARDS:
Safety glasses, goggles, face screens/shields, visors	Eyes	Chemical or metal splashes, dust, projectiles, gas and vapour
Safety helmets, bump caps, hairnets	Head and neck	Impact from falling or flying objects, risk of head bumping, hair getting tangled in machinery, chemical drips or splashes
Earplugs, earmuffs	Ears	Noise, very high level sounds
Gloves, gloves with a cuff, gauntlets, long sleeves	Hands and arms	Abrasions, temperature extremes, cuts and punctures, impact, chemicals, electric shock, radiation, bacteria
Safety boots and shoes with protective toecaps, chainsaw boots	Feet and legs	Wet, hot and cold conditions, slipping, cuts and punctures, falling objects, heavy loads, metal and chemical splash, vehicles, tools and equipment
Respirators, dust masks	Lungs	Lack of oxygen, dusts, gases and vapours
Overalls, boiler suits, aprons, chemical suits	Whole body	Heat, chemical or metal splash, impact or penetration, entanglement
Harnesses, ropes, knee pads, lumbar support, vibration-reducing gloves	Muscular injuries	Falling from height, heavy lifting, bending, tripping

SAFELY WORKING WITH GAS, WATER, ELECTRICITY

If **gas** appliances are not installed and maintained properly, there is a danger of a fire, explosion, gas leak and carbon monoxide poisoning.

Sub-standard **electrical** installation can result in electric shock and burns from contact with live parts.

Water leakage can cause extensive material damage.

- Gas and electric should only be worked on by a competent person who holds the necessary qualifications and accreditations (e.g. Gas Safe and NICEIC).
- It is important to follow appropriate working practices, safety procedures and precautions. You should also use the correct protective equipment.
- It is also important to know the means of cutting off the supply of gas, water or electricity for isolation prior to carrying out work.

Working at height is considered one of the most dangerous activities undertaken on construction sites. To ensure safety, it is essential to:

- properly plan activities and use an appropriate method of access (MEWP, scaffold or access platform)
- take account of weather conditions
- use equipment which is properly inspected
- control risks from fragile surfaces and falling objects.

Working in enclosed spaces (such as a chamber, tank, silo, pit, trench, sewer, flue, well or similar space) can also be highly dangerous. Activities should be planned to manage risks from:

- exposure to fumes and reduced oxygen levels
- roof collapse
- flooding/drowning
- the risk of fire and explosive atmospheres
- machinery.