

**Personal Protective Equipment Overview
Train-the-Trainer Course
1-Hour Training Module**

Overview

This lesson will review the basic elements of the personal protective equipment and noise standards and the workplace safety and health requirements as they apply to 3rd shift sanitation work. The Personal Protective Equipment Standards 29 CFR 1910.132 -138, and the Noise Standard 1910.95 contain many of the provisions for personal protective equipment and the required elements. These standards include the following elements: 1) general requirements; 2) limitations; 3) training requirements and other appropriate safety and health requirements. This lesson provides appropriate awareness-level safety and health training that addresses the hierarchy of controls for 3rd shift workers including: engineering controls, administrative controls, and personal protective equipment.

In this lesson all facets of the standards are covered and reviewed, but emphasis is placed on selection and use of personal protective equipment.

Content/ Topics

- 29 CFR 1910.132-138 and 1910.95
- PPE checklist for chemical exposure assessment

Objectives

Upon completion of this course module, the instructor should be able to:

- Explain the contents and implications of the Personal Protective Equipment standards (29 CFR 1910.132-138) and the Noise Standard (29 CFR 1910.95)
- Define the general requirements of personal protective equipment
- Identify warning signs and symptoms of chemical and noise exposure
- Determine proper PPE (including respirators) to likely hazards encountered during 3rd Shift sanitation work

Training Resources

- a. PowerPoint Presentation with instructor notes (Black and White)

Hour 1

- I. Review of course objectives
- II. Outline of 29CFR 1910.132-138 and 1910.95

Activities and Classroom Procedures

a. Training Techniques

- Ask for examples from students
- Outline types of employees/ exposures to chemicals encountered during sanitation work
- Outline types of PPE available to employees completing sanitation work
- Show examples of PPE

Evaluation and Assessment

a. Student Evaluation Form Completion

b. Test questions with answers

1. The four routes of entry for chemicals into the body are:
 - a) Inhalation
 - b) Absorption
 - c) Ingestion
 - d) Injection
 - e) **All of the above**
2. You do have to wear required PPE if it is uncomfortable.
 - a) True
 - b) **False**

References

29 CFR 1910.132-138 and 1910.95 General Industry

Eye and Face Protection. OSHA. Provides a comprehensive hazard assessment, information about selecting protective devices for the workplace, as well as OSHA requirements.

<http://www.osha.gov/SLTC/etools/eyeandface/index.html>

Respiratory Protection. OSHA. Provides information on the development of respirator cartridge change schedules. Addresses respirator selection and other requirements of the standard.

<http://www.osha.gov/SLTC/etools/respiratory/index.html>

Small Business Handbook. OSHA Publication 2209-02R, (2005). Also available as a 260 KB PDF, 56 pages. Personal Protective Equipment and Clothing

<http://www.osha.gov/Publications/smallbusiness/small-business.html>