

SECTION 6 – PERSONAL PROTECTIVE EQUIPMENT

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PERSONAL PROTECTIVE EQUIPMENT POLICY

It is GRD Construction Ltd. Policy, to have all workers use the proper Personal Protection Equipment (PPE) when and where required.

All employees are required to wear the appropriate PPE for work as determined by the pre-job and/or daily hazard assessments, including but not limited to:

- CSA safety boots
- CSA and ANSI standard hard hats
- Eye protection-safety glasses/goggles (contact lenses are not to be worn on site)
- High visibility vest or equivalent.
- Hearing protection
- Hand protection
- Appropriate clothing for work to be done.
- Any other specially PPE required for the job site.

All PPE used by this company will be within requirements of HO&S and/or WCB legislation and comply with the CSA and ANSI standards.

All PPE used by this company will be maintained in accordance with manufactures instructions and requirements.

All company issued PPE will be inspected at the time of issue and before each use by the employee using the PPE.

All PPE that is of questionable reliability, damaged, or in need of service or repair, **MUST** be removed from service immediately.

No piece of PPE will be modified or changed contrary to manufacturer's instructions, specifications, or legislated regulations.

Note: The information in this policy does not take precedence over applicable government legislation, with which all employees should be familiar.

Date – August 1, 2013

Bobby Janjua – CEO

HEAD PROTECTION

Safety headgear shall be worn by workers in all work areas where there is possible danger of head injury from impact (including lateral), flying, falling of thrown objects; splashes from chemicals or harmful substances, and contact with energized objects and equipment. Workers exposed to electrical hazards shall wear non-conductive safety headgear.

All safety headgear shall meet approved CSA and ANSI standards and be worn according to manufacturer's specifications for these standards.

Most head protection is made of two parts:

1. The shell (light and rigid to deflect blows)
2. The suspension (to absorb and distribute the energy of the blows)

Both parts of the headgear must be compatible and maintained according to manufacturer's instructions. Service life is affected by many factors including temperature, chemicals, sunlight and ultraviolet radiation (welding).

Do:

- Replace headgear that is pitted, cracked or brittle.
- Replace headgear that has been subjected to a blow even though damage cannot be seen.
- Remove from service any headgear if its serviceability is in doubt.
- Replace headgear or components according to manufacturer's instructions.
- Consult OH&S or your supplier for information on headgear.
- Ensure that headgear is secured in place by proper retention apparatus where required by WCB and / or OH&S.

Don't:

- Drill, remove peaks and alter the shell or suspension in any way.
- Use solvents or paints on the shell, put chin straps over the brims of Class B headgear.
- Use any liner that contains metal or conductive material.
- Carry anything in a hardhat while wearing it.

FOOT PROTECTION

Safety footwear is designed to protect against foot hazards in the workplace. It protects against compression, puncture injuries and impact.

Safety Footwear is divided into three grades, which are indicated by colored tags and symbols. Tag color tells the amount of resistance the toe will supply to different weights dropped from different heights.

The tag symbol indicated the strength of the sole.

For additional information, it is recommended that only the Green Triangle grade of footwear, which also given ankle support, be used.

Do:

- Choose footwear according to job hazard CSA or ANSI standards.
- Lace up boot and tie laces securely.
- Use a protective boot dressing to help the boot last longer and provide greater water resistant.
- Choose a high cut boot to provide ankle support.
- Choose footwear that has soles and heels made of material that will not create a danger of slipping.

Don't:

- Use footwear that has deteriorated to a point where it does not provide the required protection.
- Under protect your feet or modify safety footwear.

EYE AND FACE PROTECTION

This PPE is designed to protect the worker from such hazards as flying objects and particles, molten metal, splashing liquids and ultraviolet, infrared and visible radiation (welding).

There are two types of eye and face protection. The first type “basic eye protection” includes eyecup goggles and mono frame goggles and spectacles with or without side shields. The second type “face protection” includes metal mesh face shields for radiant heat or hot and humid conditions, chemicals and impact resistant (plastic) face shields. Welder’s shields or helmets with specified cover and filter plates and lens.

Hardened glass prescription lens and sport glasses are not an acceptable substitute for proper required industrial safety eye protection.

Industrial eye protectors shall meet the requirements of CSA Z94.3-99 “Industrial Eye and Face Protectors” or CSA Z95.3-02 “Eye and Face Protectors.”

Basic eye protection should always be worn with face shields. Face shields alone are not enough to fully protect the eyes from work hazards. When eye and face protection is required, consult the safety coordinator, MSDS or safety supplier for additional information.

Contact Lenses

Contact lenses are **not allowed** to be worn on jobsites due to the hazard of trapping particles in the eye and causing damage. If a worker comes to work with contact lenses in on the 1st day of work. Then mono framed goggles must be worn over top until prescription glasses can be obtained.

Do:

- Ensure your eye protection fits properly.
- Clean your eye protection daily, more often if needed.
- Store safety glasses in a safe, clean, dry place when not in use.
- Replace pitted, scratched, bent or poorly fitted PPE.
- Wear eye protection when working in the area of welding operations and being exposed to a flash.

Don’t:

- Modify eye/face protection
- Use eye/face protection which does not have a CSA certification.

HAND PROTECTION

PPE for hands include finger guards, thimbles and cots, hand pads, mitts, gloves and barrier creams. Choose hand PPE that will protect against the job hazard. Gloves should fit well and be comfortable. This type of PPE has to protect against chemicals, scrapes, abrasions, heat and cold, punctures and electrical shocks.

PPE for the hands come in many forms, each designed to protect against certain hazards. Gloves most commonly used in the construction industry are made from leather, cotton, rubber, synthetic rubbers, Kevlar and other man-made materials, or combinations of materials. Vinyl coated, Kevlar or leather gloves are good for providing protection while handling wood or metal objects. When selecting hand PPE, keep the following in mind:

Do:

- Look for anything at the jobsite that may be hazard to the hands.
- Select the proper type glove for the job to be done and inspect and maintain them properly.
- The MSDS, safety supplier and the safety department can assist in the selection or need for glove or hand PPE.
- Inspect hand PPE for defects before use.
- Wash all chemicals and fluids off gloves before removing them.
- Ensure that gloves fit properly.
- Use the proper hand PPE for the job.
- Follow manufactures instructions on the care and use of the hand PPE you are using.
- Ensure exposed skin is covered.

Don't:

- Wear gloves when working with moving machinery.
- Wear hand PPE with metal parts near electrical equipment.
- DO NOT use gloves or hand protection that is work out or defective.

HEARING PROTECTION

Hearing protection is designed to reduce the level of sound energy reaching the inner ear. The Rules of Thumb” for hearing protection is:

Use hearing protection when you can’t carry on a conversation without raising your voice when you are three feet apart.

Remember, this is only a rule of thumb. Any sound over 80 decibels (normal conversation is at 60 db, a lawnmower is at 90 db) requires hearing protection. Hearing loss can be very gradual, usually happening over a number of years.

The most common types of hearing protection in the construction industry is earplugs or earmuffs. If you choose to use the other types of hearing protection, please contact your safety department or safety supplier for additional information.

It is important to have different types of hearing protection available as size is different. One style may not fit every member your crew. If the hearing protection does not fit property, it will not supply the level of protection it was designed to deliver.

Most ear plugs, if properly fitted, generally reduce noise to the point where it is comfortable (takes the sharp edge of the noise).

If your hearing protection does not take the sharp edge of the noise, or if workers have ringing, pain, headaches, or discomfort in the ears, your site requires addition advice from an expert.

Workers shall not wear muff type hearing protectors or headsets which have been designed or modified to accept AM or FM radio or other music sources. The worker is responsible for wearing hair and personal apparel in such a manner that the muff maintains an effective seal around the ears.

If, for some medical reason, hearing protective devices should not be worn by a particular individual, the employer, after being advised of this situation will notify the safety department of the medical reason involved and shall follow the direction they provide.

For further information refer to CSA Standard “Hearing Protectors” (Z94.2 M1984)

FIRE RESISTANT CLOTHING

Why do we need to wear Fire Resistant Clothing?

- To protect the worker from possible exposure to fire.
- This type of clothing helps in minimalizing the effects of a fire on the workers skin.

Who needs to wear Fire Resistant Clothing?

- Workers performing jobs at a gas plant.
- When stipulated by the situation.
- When required by the prime contractor.
- When required by WCB and/or OH&S regulations.

There are different types of fire resistant clothing. From coveralls, shirts, jackets, pants, etc. to hats. All fire resistant clothing is %100 cotton.

When making your selection, make sure that it is CSA certified.

The prime contractor will always inform the company if the need for fire resistant clothing arises in the contract documents.

RESPIRATORY PROTECTION

Why do we need Respiratory Protection?

- Oxygen deficiency.
- Toxic airborne contaminants.

Gas	- any substance that is in gaseous state at room temperature (carbon monoxide, Chlorine)
Fume	- solid particulate of metallic origin generated by heat or chemical treatment of metals, 1-1 micron in size (welding fume).
Vapor	- gaseous state of substance that is normally a solid or liquid at standard room temperature (solvents, gasoline)
Smoke	- solid particulate generated by heat or chemical, 1-1 micron (airborne toxins from plastics)
Mist	- suspended droplets of an atomized mist (paint)
Dust	- fine solid particulate, generated mechanically or by friction, 1-10 microns in size (drywall dust, grain dust).

There are different types of respirators, such as Air Purifying, Supplied Air and Self Contained Breathing Apparatus (SCBA).

For the type of work involved in Metal Building Group, the Air Purifying respirators (for dust) are the only types used. If in the future the scope of work or the need arises for a different type of respirator to be used, information will be made available by the employer for the specific need. Please alert the employer if such need arises in the future.

Air Purifying

These respirators remove air contaminants by filtering, absorbing or adsorbing contaminants as they pass through the filter media of your respirator cartridges or face piece.

Particulate removing respirators – filter dust, fibers, fumes, and mists. Can be single or multi-use disposables, dual cartridges, or powered air-purifying respirators.

Note: *single strap dust masks are no longer considered adequate respiratory protection because of poor facial retention.*

Gas and vapor removing respirators & combination particulate/gas and vapor removing respirators. Please contact your safety coordinator if need arises for such special respiratory need protection.

Air purifying respirators must never be used in oxygen deficient, immediately dangerous to life and health atmospheres, or for protection against chemicals with poor warning properties.

Respiratory Selection

If ever unsure if the type of respiratory protection you need for your work, please consult the following and/or contact your safety coordinator.

The selection of a proper respirator for your work environment requires consideration of the following factors.

Nature of the Hazard

- What is the contaminant?
- What concentration is it present? What peak concentration?
- Are there engineering controls present?

Nature of the Work

- What type of work is being done (Physical demands and body positioning)?
- Presence of other hazards
- Duration of work
- Speed of escape in the event of respiratory malfunction

The User

- Respiratory fit and comfort
- Allergies, respiratory health or phobias
- Physical capabilities
- Wearer acceptance

Your respirators limitation must always exceed the maximum exposure values of the contaminant that you are seeking to avoid. Compare the hazard and its concentration in your workplace with the capabilities and limitation of available respirators. Information on approved protection from respiratory hazards is available from the following sources. MSDS's of the chemicals you are working with, OH&S legislation and respiratory manufactures and distributors.

It is important that manufactures information is needed. It is for your protection. Always follow the manufactures guidelines for use, fit, disposal and storage of the respirators.

Never:

- **Guess if a respirator or cartridge are appropriate.**
- **Use an unapproved respirator "because it's better than nothing..."**
- **Mix and match parts from different respirators or manufactures.**

Disposable Respirators

Disposable dust/mist masks are one-piece lightweight respirators, with the filter media forming the respirator. Two lightweight elastic straps are attached to create a firm, secure fit to the face.

Use and Fit

- Bend nose fit to conform to face.
- Hold mask to face, stretch lower elastic strap over the head and position below the ears. Stretch upper elastic strap overhead and position over the crown of the head. There should be equal tension on both sides of the mask.
- Mold nose clip to nose. Adjust your mask to fit closely to the face.
- Hold hands over the mask and exhale. There should be resistance to your exhalation. If there are any obvious points of leakage, readjust your mask or nose clip.

Note: No respirator with a skin to respirator seal can be used while wearing a beard.

Disposal

You may re-use your respirator until you experience uncomfortable breathing resistance, or when the filter media becomes clearly polluted. Do not clean. Dispose of normally unless you are working with a controlled substance, such as asbestos, etc.

Exemptions from Personal Protective Equipment

It is GRD Construction's firm belief that the personal Protective Equipment policies and requirements contained in this safety and Loss prevention Program serve the best interest of all persons involved with or that may be affected by the work that the company performs.

For that reason, all reasonable efforts must be made to comply with the personal Protective Equipment policies and requirements at all times.

In the unlikely event that an exemption from any of this section's policies and requirements is required to perform work activities, it must be presented with a reasonable explanation and control measure for all hazards associated with the work for approval to the company's foreman and/or president.

GRD Construction safety and loss prevention program does not take precedence over the local provincial and federal legislation for OH&S and therefore cannot provide exemption to any regulations or requirements provided by these regulatory offices. Any such exemption must be applied for and received in writing prior to their permissibility on any company site.