



## Personal Protective Equipment (PPE)

PPE is a good thing. Its designed to keep you safe and stop you getting hurt. Please wear it.

### Gloves



Gloves will protect your hands against splinters, cuts from tools and they will also deaden the pain when you hit yourself with a hammer.

Try to make sure that they fit snugly, so that you can feel things with your fingers. If you can find gloves with a grip on them, even better.

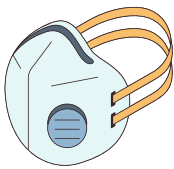
### Ear Defenders



When you are using loud Power Tools, you need to protect your ears against damage from the noise.

Choose Ear Defenders which are comfortable to wear, have a high Decibel (25 - 35 Db) rating and are easy to find when you need them. Brightly coloured is good!

### Dust Masks



Use Dust masks to protect against dust, fumes, and other airborne particles. Ensure the mask fits snugly over your nose and mouth for effective filtration.

Use masks with a higher filtration rating for tasks involving fine dust or chemicals.

Don't take the risk. You may be storing problems up for yourself long into the future, so wear a mask!!

### Eye Protection - Safety Goggles



Your own glasses are not eye protection! They are also generally more expensive than purpose-made Eye Protection.

Safety goggles or glasses are crucial to shield your eyes from flying debris, dust, and splashes. Choose eye protection that fits comfortably and provides a clear view of your work area.

**TOP TIP - Close your eyes when blowing Dust away - You'll thank me for this one!**