# 3. Personal Protective Equipment

**background**

Personal Protective Equipment (PPE) is your last line of defense in the laboratory. Regardless of the task in the lab, the presence of other lab users handling hazardous materials necessitates the minimum standard of long pants, a laboratory coat, and protective shoes (close toed, covers all of foot with a liquid resistant material).

**Required ppe in this lab**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. Long, loose pants
2. Laboratory coat (fully buttoned)
3. Fully enclosed shoes
4. Hair tied back
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 | Pants | Shoe | Suit |

**additional ppe**

In this lab, your PI also indicates that the following PPE must be worn for the following tasks:

|  |  |
| --- | --- |
| **Task** | **Additional PPE Required** |
|  |  |
|  |  |
|  |  |

**eye and hand protection**

|  |  |  |
| --- | --- | --- |
| **Eye Protection** | * Contacts are not recommended
* Goggles or a face shield protect against chemical splashes
* Safety glasses protect against projectiles and impact. They do not protect against chemical splashes
 | Glasses |
| Raised hand | * All disposable gloves are permeable; pick the glove that is least permeable to your hazard
* You may need specialty gloves for heat, cold, and electrical shock depending on your hazards
 | **Hand****Protection** |

**resources for choosing ppe**

* Canadian Centre for Occupational Health and Safety (CCHOS): explains the advantages and disadvantages of different PPE choices. [www.cchos.ca/oshanswers/orevention/ppe](http://www.cchos.ca/oshanswers/orevention/ppe)
* UBC Chemical Laboratory Safety Manual: Chapter 6 covers hazard controls including PPE options.
* Best Glove: Helps you chose the best glove for your use [www.bestglove.com](http://www.bestglove.com)
* WorkSafeBC: Provides guidelines and information on choosing and using PPE. <www2.worksafebc.com/topics/PPE/PPEBasics-Types>

**Lab ppe recommendations & maintenance**

*Other PPE to consider includes isolation gowns, splash aprons, specialty gloves, face shields and hearing protection. You may need to consider PPE other than what is shown in this document, depending on the hazard. Fill in the table below as required.*

|  |  |
| --- | --- |
| **Eye Protection** | **Gloves** |
| * Contacts are not recommended
 |  |
|  |  |
|  |  |

|  |
| --- |
| **PPE Inspection, Maintenance & Storage** |
| Store PPE and personal belongings separately | Check PPE regularly for contamination and damage |
| Do not share PPE (individuals should have their own gloves, masks, hearing protection, etc) | Launder PPE as needed (do not launder PPE at home – find a laundromat that accepts lab PPE) |

## donnging and doffing ppe

*See below*



