

Name: _____

PPE

List the types of PPE is available and provide an example for each

Type of Protection	Example of PPE

Describe what you should you do before using PPE.

Hand tools

1. What should be provided on how to choose the right tool for the job?
2. How should you avoid using hand tools?
3. How should tools be kept?
4. What should tools be inspected for?
5. What should be replaced?
6. How should tools be maintained?
7. How should tools be carried?

Powered Equipment

Fill in the blanks:

- Perform a _____ to identify the hazards, the risks arising from those hazards, and the control measures you should use.
- Check that the _____ equipment is suitable for the work and way in which it is going to be used.
- Check that the electrical equipment is in good _____.
- Check that the equipment is _____ for the electrical supply with which it is going to be used, and the electrical supply is safe.
- Make sure that the user of the equipment is _____ to use it safely and can keep others safe.
- Make sure the user knows which _____ to wear, how to use it, and make sure they do.
- Check that the electrical equipment is _____.
- Check that the electrical equipment is in good _____.

Manual Handling Equipment

Fill in the blanks:

- Use an aid with a handle height that is between _____ and _____ height.
- Ensure that pushing or pulling equipment is well _____.
- As a guide, the amount of force that needs to be applied to move a load over a flat surface is at least _____ of the load weight. For example, if the load is 400kg, then the force needs to be 8kg.
- The force for pushing or pulling will be greater over _____ conditions.
- Always try to _____ rather than pull where possible.
- When negotiating a slope or ramp, get help from another _____.
- On an uneven surface, increase the pushing/pulling force to _____ of the load weight.
- To make it easier to push or pull, keep your feet well away from the _____ and move no faster than walking speed.
- Store manual handling equipment in a _____ place where no one can be harmed.
- Report any damages to the equipment to the _____ and stop using.
- Maintain the equipment through regular _____ and inspection.
- Keep equipment _____ and in good working order.