

# Beautiful Eastern Association of Snowmobile Trails



## *Safe Operating Procedures*

### **SOP - 2: PERSONAL PROTECTIVE EQUIPMENT**

When other controls are not possible or do not provide adequate protection, you may also need Personal Protective Equipment (PPE).

#### **Clothing**

- Wear layers of thin clothing instead of one thick layer in order to trap air between the layers.
  - Wear outerwear that is waterproof or water-resistant and if necessary, wind-resistant (for cold, wet weather).
- Wear a hat (wool is best), cover ears and if necessary, wear a balaclava.
- Keep clothing dry.
- Ensure that clothing is loose enough to allow easy movement.
- Wear mitts instead of gloves when possible
- Wear polypropylene garments next to the skin (absorbs sweat).
- Avoid tight-fitting footwear. The fit should allow room for either two thin pairs or one thick pair of socks.
- To be effective, PPE must be appropriate to the weather and must be kept in good condition.
- You must also make sure that any PPE you use does not create new problems (for example, bulky clothing could increase your risk of being caught in an equipment pinch point).

#### **Hearing Protection**

- If you are working in an area where you feel the noise level is bothering you, use hearing protection. The noise level changes depending on the job; protect yourself by using hearing protection.
- Alert your co-workers in your area if you are going to be generating a noise level above the normal workplace level so they can also be prepared to use hearing protection.

## **Eye Protection**

- Safety glasses, with side shields, must be worn in any area that exposes the eye to the following hazards:
  - a) Flying pieces of metal or steel.
  - b) Where chips or dust maybe created.
  - c) Where chemicals maybe present.
  - d) Where liquids or solid particles maybe blown or splashed.
  - e) The possibility of pressure release.
  
- A face shield and safety glasses with side shields must be used when doing grinding of any type or when using wire wheel buffers.
- A welding helmet with tinted face shield and safety glasses with side shields must be worn when welding to protect eyes from light, sparks, and radiation.
- If an employee wears prescription lenses, eyeglasses with protective lenses or goggles that can be worn over glasses shall be worn.