

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Use of PPE to Control Physical Stress

- Use of PPE helps reduce physical stress (injuries/illness) by protecting the worker from hazardous conditions and activities by employing the use of safety equipment that is worn by the employees.
- PPE used to control physical stress includes:
 - Head protection
 - Eye protection
 - Knee pads/cushioning
 - Shoulder pads
 - Gloves (grip/vibration/temperature)
 - Neck pillows
 - Comfortable clothing
 - Clothing for cold environments
 - Back belts and wrist splints
- Use PPE:
 - When engineering controls are not feasible or do not totally eliminate the hazard.
 - While engineering controls are being developed.
 - When safe work practices do not provide sufficient additional protection.
 - During emergencies when engineering controls may not be feasible.
- Use of one hazard control method over another higher in the control precedence may be appropriate for providing interim protection until the hazard has been permanently removed.
- In reality, if a hazard cannot be eliminated entirely, the adopted control measures will likely be a combination of all three items instituted simultaneously.

Notes:

Instructor Tips

- **Explain that in terms of order of precedence for hazard controls, use of PPE is third, behind engineering and administrative controls respectively.**
- **Ask workers to identify the types of PPE that are used to control hazards at their workplaces.**
- **Ask workers to identify areas at their jobsites or workplaces where PPE use is lacking, and what type of PPE may be appropriate.**

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

Name		Init.	Name		Init.
1.			13.		
2.			14.		
3.			15.		
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12.			24.		

STRESS (8)