# Unit 112: Construction operations and civil engineering operations

# Worksheet 1: Personal protective equipment (PPE) – fill in the blanks (tutor)

Read the information carefully and complete the blanks using the words from the bottom of the page.

**What is PPE?**

PPE is equipment that will protect the user against health or safety risks at work. It can include items such as safety helmets and hard hats, gloves, eye protection, high-visibility clothing, safety footwear and safety harnesses.

Hearing protection and respiratory protective equipment provided for most work situations are not covered by these Regulations because there are other more specific regulations that apply to them. However, these items need to be compatible with any other PPE provided.

Cycle helmets or crashhelmets worn by employees on the roads are not covered by the Regulations. Motorcycle helmets are legally required under road traffic legislation.

The Employment Act 1989 gives an exemption for turban-wearing Sikhs working on construction sites from the need to wear head protection.

**What do the PPE Regulations require?**

PPE should be used as a last resort. Wherever there are risks to health and safety that cannot be adequately controlled in other ways, the PersonalProtective Equipment at Work Regulations 1992 require PPE to be supplied.

The Regulations also require that PPE is:

* properly assessed before use to make sure it is fit for purpose
* maintained and stored properly
* provided with instructions on how to use it safely
* used correctly by employees.

**PROTECT, INSTRUCTIONS, CRASH,   
LAST, EQUIPMENT, PERSONAL**