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## 28.0 LIMB AND BODY PROTECTION

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### 28.1 General

Due to the nature of the construction workplace and the number of different hazards, it is not possible to cover specialized limb and body protection in detail. These types of hazards are known as “**job exposure**” (exposure to fire, temperature extremes, body impacts, corrosives, molten metals, cuts from sharp or abrasive materials). PPE in the category would be items such as:

- Leg, arm, chin and belly guards
- Specialty hand pads and grips
- Leather aprons and leggings
- Full body suits
- Flame and chemical resistant clothing
- Various types of plastic boot covers and overshoes

For more information on the type of specialty PPE you require, check you local Occupational Health & Safety office. With all PPE, following the manufacturer's instructions on its use, care and cleaning is critical and will help you get the full service life from your specialty PPE.

### 28.2 Hand PPE (Gloves and Mitts)

PPE for the hands include: finger guards, thimbles and cots, handpads, mitts, gloves, and barrier creams. Choose hand PPE that will protect against the job hazard. Gloves should fit well and be comfortable. This type of PPE has to protect against chemicals, scrapes, abrasions, heat and cold, punctures and electrical shocks.

#### 28.2.1 Types

PPE for the hands come in many forms, each designed to protect against certain hazards. Gloves most commonly used in the construction industry are made from leather, cotton, rubber, synthetic rubbers and other man-made materials, or combinations of materials.

Vinyl coated or leather gloves are good for providing protection while handling wood or metal objects. When select hand PPE, keep the following in mind: look for anything at the job-site that may be a hazard to the hands. If gloves are to be used select the proper type for the job to be done. Inspect and maintain hand PPE, consult your safety supplier, Material Safety data Sheet (MSDS), or local Occupational Health & Safety office.

**DO**

- Inspect hand PPE for defects before use
- Wash all chemicals and fluids off gloves before removing them
- Ensure that gloves fit properly
- Use the proper hand PPE for the job
- Follow manufacturer's instructions on the care and use of the hand PPE you are using
- Ensure exposed skin is covered (no gap between the sleeve and the hand PPE)

## **DON'T**

- Wear gloves when working with moving machinery (gloves can get tangled or caught)
- Wear hand PPE with metal parts near electrical equipment
- Use gloves or hand protection that is worn out or defective