

# Life Saving Commitments

## PPE



**Zero** incidents  
**Zero** harm  
**Zero** compromise

Keeping you **healthy** and **safe**, every day **at work**.



Workplace risks must be mitigated by implementing control measures, but as an extra precaution, companies must also provide employees with appropriate PPE. PPE must be supplied free of charge by the employer to the employee. Work Regulations 1992 state that PPE must be supplied and used at work wherever there are risks to health and safety that cannot be adequately controlled in other ways. It also states PPE must be:

- Suitable for task and identified risks
- Compatible with other PPE
- Comfortable for the user
- Must comply with British Standards

As a minimum, **FIVE points of PPE MUST** be worn when working for, or on behalf of Thames Water.

For more information, please refer to:

Thames Water Essential Standard 24

Thames Water Visual Standards

<http://www.healthandsafetyhub.co.uk/index.html>



Instruction and training must be provided for the correct use and maintenance of PPE

# Life Saving Commitments

## PPE

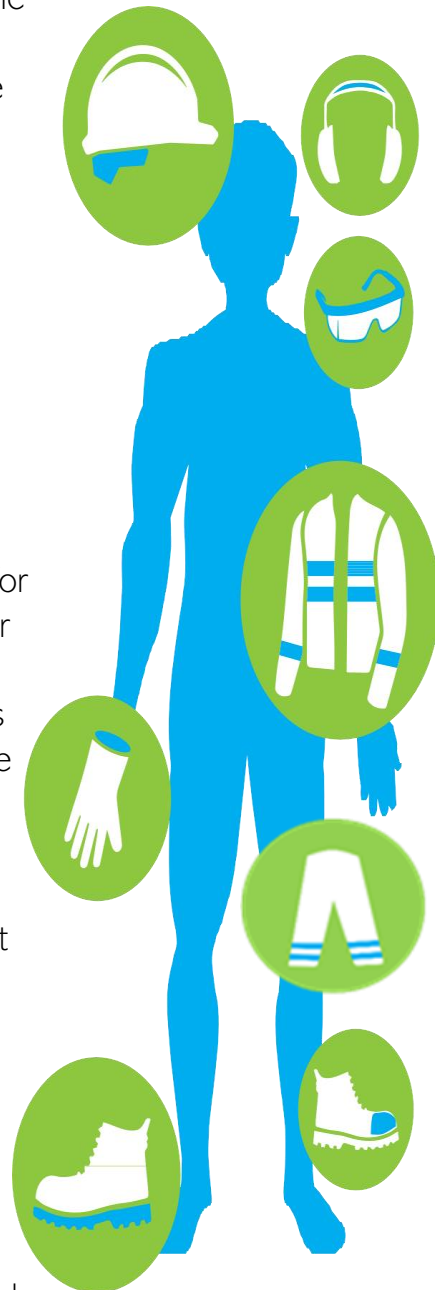
Always ensure you assess suitability of the PPE being provided for the identified risks involved. Have you considered the following?

### Key questions to ask:

- ✓ What are the needs of the job and the demands it places on the wearer?
- ✓ Is it appropriate for the risks involved and the conditions where exposure may occur?
- ✓ Does it prevent or control the risks involved without increasing the overall level of risk to the individual?
- ✓ Can it be adjusted to fit correctly?
- ✓ Is it compatible with other PPE and clothing being worn?

### Key measures for individuals to action:

- ✓ Ensure that all risk assessments are briefed and understood, especially where task specific PPE is required that involves working with dust, chemicals, noise etc.
- ✓ Always check your PPE is fit for purpose and the correct type for the task before commencing work, i.e. goggles or a visor rather than light eye protection for any high impact activity
- ✓ Thoroughly inspect your PPE prior to use and report all defects to your manager/ supervisor. Ensure you get it replaced before you start work
- ✓ Make sure your PPE is clean and remains reflective to ensure you are visible to others at all times
- ✓ Flame and ARC retardant PPE must be worn when carrying out any activity that involves breaking ground/ working around services
- ✓ Never wear hoodies or beanie hats under/ over your hard hat
- ✓ Ensure your PPE is stored correctly to prevent any movement and damage during transit
- ✓ Always follow your own company policy for disposing any unwanted or damaged PPE
- ✓ All Thames Water logo branding must be destroyed appropriately



If you see a colleague not wearing the correct PPE, speak to them and ensure they are aware of our requirements.

# Life Saving Commitments

## PPE



### Lungs:

Dust, vapours, gases and oxygen deficient atmospheres  
Disposable/ multi-use filtering half/ full-face respirators and breathing apparatus

### Body:

From exposure to chemicals and other materials  
Disposable/ multi-use overalls, boiler suits, specialist and high-visibility clothing

### Ears:

Excessive exposure to noise or intense sound levels  
Hearing protection

### Head:

Impact from falling or flying objects and bumping or hair entanglement  
Head protection

**Protect yourself against general hazards**

### Arms & Hands:

Abrasion, temperature extremes, cuts and punctures, impact, chemicals, skin infection, disease or contamination  
Gloves and gauntlets

### Eyes:

Chemical or metal splashes, dust, projectiles, gases and vapours and radiation  
Safety spectacles, goggles, face shield and visors

### Legs & Feet:

Wet conditions, uneven surfaces, falling objects, chemical splashes.  
Legs must be covered.  
Safety boots/ wellingtons with protective toe caps and penetration-resistant midsoles



**Zero incidents**  
**Zero harm**  
**Zero compromise**

Keeping you **healthy and safe**, every day at work.



Although PPE is the last resort, it plays an important part in keeping us all safe. Always ensure you wear the appropriate PPE specified