



Personal Protective Equipment

Often, your last line of defense from hazards in the workplace is your personal protective equipment, or **PPE**. These include gloves, safety glasses, face shields, gowns, aprons, filter masks, earplugs, and respirators.

PPE is designed to protect you from serious workplace injuries or illnesses resulting from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards.

Not all of the listed PPE is required for all jobs, but you may need more than one for a specific task. **OHSU will provide you the required gear at no charge** and will work hard to make PPE conveniently available to you.

The most common complaint against wearing PPE is that it is “uncomfortable.” If you agree with this, remember that **it’s okay to ask for a different size or style to get you comfortable!** If it fits better, you are more likely to wear it and **more likely to avoid injury!**

If employees are required to wear PPE, as part of their job, training is required, including how to:

- Use PPE properly.
- Be aware of when PPE is necessary, including what kind must be used.
- Understand the limitations of PPE in protecting from injury.
- Maintain PPE properly, including cleaning and storage.

What is required and where do you get PPE? Employees should ask their supervisor or manager. Hazard Assessments can determine what PPE is required for a given task, and these should be done periodically to ensure safety. Part of getting PPE is making sure that you have the selected the right gear for the job. Once you know what you need, PPE can be purchased from Logistics, including Research Stores.

If you need help with PPE selection, including required Hazard Assessments (these specify what PPE is required), style, or product recommendations, contact Environmental Health and Radiation Safety (503 494-7795).

