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1. Purpose
The goal of this method is to guarantee that all project staff are equipped with and trained to use the proper Personal Protective Equipment (PPE) for the activities they undertake, thereby protecting them from work-related dangers that could jeopardize their health and safety.

2. Scope
This policy applies to all project staff, including visitors and subcontractors.

3. References
3.1 Occupational Safety and Health Administration Code of Federal Regulations 1910, 1915, and 1926

3.2 Standard Specifications for Rubber Insulating Gloves ASTM D120.E1-87

3.3 American National Standards Institute (ANSI) Z 41-83

Protection of Personnel - Protective Footwear

3.4 American National Standards Institute (ANSI) Z 87.1-89

Occupational and educational eye and face protection practise.

3.5 American National Standards Institute (ANSI) Z 89.1-86

Personnel Protection - P r o t e c t I v e H e a d g e r e c t I v e H e a d g e r e c t I v e H e a d g e r e c t I v e H e a r e c t

3.6 ANSI A410-14 Requirements for construction and industrial safety belts, harnesses, lanyards, and drop lines
4. Responsibilities
4.1 The Site HSE Officer is accountable for ensuring that all workers, visitors, and subcontractors are aware of and comply with the site's personal protective equipment (PPE) protocols, as well as for the following:
- • Monitoring the PPE program's efficacy

• Collaborating with the procurement department to determine the suitability and purchase of personal protective equipment and to guarantee that it meets internationally acknowledged standards and quality.

4.2 The Project Manager is accountable for the procedure's communication and implementation throughout the Project's organization.
4.3 Discipline Engineers are accountable for assessing the PPE requirements of personnel under their command and ensuring that this practice is followed across their departmental organization.
4.4 Foremen, General Foremen, and Supervisors are responsible for ensuring that all employees under their supervision are supplied the proper PPE and instructed in its inspection and usage.
4.5 All employees are accountable for the proper use and inspection of personal protective equipment (PPE) assigned to them.

5 PROCEDURE
PPE is viewed as the final line of Defence against risk exposure. Any activity's dangers must be evaluated. When a potentially hazardous situation is identified, actions should be taken to eradicate it through engineering controls. If eradicating the hazard proves impossible, personal protection equipment must be utilized.

5.1 Personal Protective Equipment
It is our responsibility to provide all personnel with protective equipment and gear that is appropriate for the sort of job required, the weather, and the environment. This equipment may include, but is not limited to, safety harnesses, hard hats, eye protection adequate to defend against any specific threat to vision, steel-toed safety boots or shoes, breathing protection, and hearing protection. Clothing must be in good condition and free of loose or ragged material that could become caught in moving machinery, wire rope chains, or other instruments.

5.1.1 Each Supervisor will ensure that all staff receive and wear the required Personal Protective Equipment (PPE).

5.1.2 All work locations require the wearing of hard helmets, safety shoes, coveralls, and safety glasses.

5.1.3 Ear plugs - when doing high-noise operations such as air hose cleaning, concrete breaking, cutting, or chipping, or

when performing activities in locations designated as "High Noise Areas" or when performing activities near high-noise producing equipment such as compressors, etc.
5.1.4 When performing any of the following operations, face shields will be worn: • Concrete chipping.
• Grind or cut with a torch (over the work safety glass).

5.1.5 Gloves - for any activities that require the handling of sharp or coarse objects, such as cable pulling, hand digging, rigging, lifting operations, and piping work. Gloves will not be worn at stations with "pinch points" or when working near moving equipment or objects, as they can catch and trap the hand before it can be withdrawn from the glove.

5.1.6 Leathers for welding (gloves and leggings) — for on-site welders.

5.1.7 Disposable coveralls - for all staff engaged in painting, cleaning, and insulation work.

5.1.8 Disposable dust masks — will be provided to all personnel exposed to common respiratory dangers such as dust and similar air pollutants.
Cartridge for Chemicals Respirators will be provided as necessary for activities such as painting, insulating, and similar activities where respiratory dangers from the majority of paints, thinners, organic vapour, and minute fibres exist (if needed)
Chinstraps - required of all people performing elevated jobs where hard helmets may fall.

5.1.10 breathing apparatus – where the atmosphere is contaminated with hazardous gases or dust, personnel will be provided with appropriate breathing apparatus.

5.1.11 Forced Ventilation - all persons operating in restricted spaces will have access to the necessary forced ventilation.

5.1.12 Fall protection is provided in all situations where individuals have the potential to fall more than 1.8 metres.

5.1.13 Any additional personal protective equipment (PPE) found for the task during the risk assessment and job safety analysis

5.2 Minimum Requirements for Personal Protective Equipment

5.2.1 Head Protective Equipment
Safety hats or helmets are headwear made of stiff materials that protect the head against impact, airborne particles, and electric shock, among other hazards.
Each helmet is made up of three components: a shell, a suspension cradle, and a chin strap.

5.2.1.1
Employees working in places where there is a risk of head injury due to collision; falling or flying items; or electrical shock and burns, shall wear protective helmets that conform to ANSI-referenced standards or their equivalents.

5.2.1.2 The suspension cradle is responsible for the impact distribution properties of the helmet.
It is consequently critical that it is properly set to the wearer's head, with a gap of at least 1.5 inches between the suspension cradle's top and the helmet shell.

5.2.1.3 Accessory equipment such as ear muffs and welders shields can be obtained to put over helmet shells. No holes should be bored into the helmet to ease the use of such equipment, as this can significantly weaken the helmet's mechanical strength and electrical resistance.

5.2.1.4 No paint shall be used on safety headgear or helmets.

5.2.1.5 The entire helmet should be cleaned with soap and water on a regular basis. Helmets should be discarded immediately upon penetration, a high impact, or exposure to excessive heat.

5.2.1.6 All personnel should always wear a safety helmet whether on a construction site, in an operating plant area, or anywhere there are overhead hazards. Because metal hard hats do not provide enough impact or electrical protection, they are forbidden in all work environments.

5.2.1.7 In offices and construction site shacks, a safety helmet is not necessary unless overhead work is being undertaken.

5.2.1.8

Hardhats must be worn properly. No caps or other articles of clothing may be worn beneath a hardhat that will obstruct the fit and hinder the hardhat from performing optimally.

5.2.2 Protection of the eyes and face

5.2.2.1
Eye protection is a mandatory requirement of the project at all times on the construction worksite(s), which includes fabrication and laydown yards. Workers who work in close proximity to certain hazardous activities may be obliged to wear the same eye protection as the activity's participants.

5.2.2.2 It is banned to wear ordinary prescription eyeglasses or sun glasses (with or without side shields), as these do not provide the required level of impact protection. It is permissible to wear prescription safety glasses with side shields or visitors glasses over prescription spectacles.

5.2.2.3 Eye and face protection from physical or chemical agents or ultraviolet light radiation is critical in an industrial environment. While the type of protection chosen will vary according to the hazard, it is important to remember that all eye protection and the majority of face protection equipment must be regarded optical instruments. They must be chosen, fitted, and utilised with consideration for both the type of hazard and the user's visual condition. Contact lenses are not suggested in locations that require eye protection.

5.2.2.4 Protection of the eyes against Consider the degree of protection necessary and the level of comfort required by ANSI or comparable standards when selecting impact resistant eye protection. There are five fundamental types of protection:
Spectacles that provide protection from frontal impact.
They provide minimal protection against side impact when mounted with side shields and should not be used while driving if they obstruct peripheral vision.

• Goggles with an adjustable fit. A flexible frame that surrounds the lens protects it from flying debris.

• Goggles with a cushioned fit. Protection from flying objects is provided by a stiff plastic frame that surrounds the lens and a separate cushioned fitting surface on the facing contact region.

• Goggles for chipping.
Eyecups made of solid plastic that are separate from the lens. Designed in two shapes: one for those who do not use spectacles and one for those who do.
• Goggles for chemical splashes.

5.2.2.5 Protection of the Eyes from Radiant Energies
Along with physical and chemical agents, the eyes are susceptible to the effects of radiant radiation, such as that generated during welding. Both visible and invisible bands of the light spectrum can have a detrimental effect on the eyes, and great care must be taken while selecting eye protection against these dangers.

5.2.2.6 Protection of the face
Face shields defend the face and neck from flying particles, liquid sprays, molten metal splashes, and hot solutions. Under the face shield, safety eyewear and chemical goggles shall be worn as necessary.

5.2.2 Protection of the hands
5.2.2.1 Wherever workers are exposed to the risk of hand injury, they must wear hand protection. The type of gloves used is determined by the substance or equipment being handled and the sort of hazard encountered. Gloves may be resistant to one or more of the following: heat, acid, caustic, slipping, wear, fire, oil, sharp edges, general wear and tear, and cold. Gloves should not be worn near moving machinery because they can catch and trap the hand, preventing it from being removed from the glove.

5.2.2.2

Hand and protective equipment shall be inspected and changed on a regular basis if they become physically damaged or polluted with substances (such as greases, paints, drilling fluids, or chemicals) that may compromise their efficacy or safety.

5.2.3 Protection for the feet

Foot protection must adhere to the ANSI standard (or its equivalent). Safety footwear comes in a variety of styles and features unique soles that resist oil, abrasion, heat, and

additional abuses to which footwear may be subjected. Comfort is critical for the wearer, which is why safety footwear must fit properly.

Sturdy work shoes with leather uppers or a leather composition and steel toe caps are considered approved safety footwear. The soles and heels are non-slip. Safety "toe" shoes of the fashion variety with canvas, nylon, and/or other soft composition uppers or soles are not called safety shoes.

5.2.4 Protective Hearing Devices

All workers exposed to noise levels of generally 80 dB (A) or greater shall be provided with hearing protection.

The sort of protection used shall be determined by the nature of the noise hazard and the work being done. In all work settings with a noise level of 85 dB (A) or greater, conspicuous signs indicating the requirement for ear protection shall be displayed. Additionally, a visual indication depicting ear muffs in the form of a line drawing shall be presented. Hearing protection that is often worn shall be given on a personal basis. Apart from personal considerations, it is advisable to leave appropriate hearing protection at the entrance to locations with high levels of noise.

5.2.4.1 Plugs for Ears

Ear plugs are inserted into the outer ear canal. These plugs are made of rubber, plastic, wax, foam, or Swedish wool. Disposable kinds are recommended because they provide adequate protection and are extremely hygienic.

Ear Muffs 5.2.4.2

Ear muffs offer an acoustic barrier by covering the external ear. Ear muff efficiency varies significantly depending on the manufacturer, size, shape, seal material, shell mass, and kind of suspension. Additionally, the size and shape of the head can vary.

have an effect on their performance. Between the shell and the head, liquid or grease-filled cushions are more effective than plastic or foam-filled cushions, but they may cause material leakage.
The usage of hearing protection equipment shall be assessed thoroughly to verify that the devices selected provide the required noise attenuation and protection.

5.2.5 Fall Arresting / Restraining Devices

5.2.5.1 Harnesses are used for work above ground that requires fall straining and arresting protection, as well as work in tight spaces where there is a risk of succumbing to poisonous atmospheres or oxygen deficit / enrichment.

5.2.5.2 Full body harnesses are required when operating at heights greater than 1.82 metres (6 feet) or when there is a risk of falling six feet or more. The harness shall be web-style with a buckle closure and a single D ring on one end and a drop forged steel double locking snap hook on the other. Dual lanyards with shock absorbers are necessary to maintain 100 percent tie-off at all times and must be worn at all times while on scaffolds, even when guard rails are present.

5.2.5.3 Special care should be taken to ensure that the safety harness fits snugly, since it is very simple for a man to slip through sound but improperly adjusted equipment and fall.

5.2.5.4 No fall stopping or restraining device is stronger than its attachment point. As a result, all users should be thoroughly taught on the critical nature of a secure mooring.

5.2.5.5 Fall restraining/arresting devices must be stored in a clean, dry area away from direct sunlight and must be

examined completely both on issuance and at the start of each shift.

5.4.6.6 Fall protection devices shall be capable of holding at least 2450 kilogrammes (5400 pounds) of dead weight.

5.4.6.7 The maximum length of conventional lanyards shall not exceed 1.82 metres (6 feet)

except when mechanical fall stopping devices are used. The lanyard's minimum breaking strength shall be 2,450 kg (5,400 pounds).

5.4.6.8 All fall arresting/restraining devices and hardware shall conform to ANSI A10-14 or an equivalent standard.

5.4.6.9 All fall arrest / restraining devices shall be inspected before to use and on a monthly basis by a competent person for which registers will be kept. Cuts, severe wear and tear, splices that are not secure, and defective hardware / buckles are all grounds for rejection.

5.4.6.10 General maintenance and use shall be in compliance with the manufacturer's instructions.

5.2.7 Lifelines

5.2.7.1 Where horizontal or vertical lifelines are required, a competent engineer shall prepare the lifeline design and the necessary design calculations. Each lifeline must support a minimum of 5,400 pounds.

5.2.7.2 Wire rope lifelines shall have a diameter of 10mm and shall be certified as such by a competent rigging inspector who will maintain location registers and conduct monthly inspections.

5.2.8 Protection of the Respiratory System

5.2.8.1 Respiratory protective equipment shall be provided to all those who are exposed to situations where the atmosphere may be deficient in oxygen or contain any dangerous substance, whether particle, dust mist, vapour, or gas.

5.2.8.2 Respiratory protection will be determined based on the activity and information contained in the material safety data sheet (MSDS) for the chemical being employed.

5.2.8.3 At the very least, everyone on site has access to disposable dust masks.

5.2.9 Training

All users shall get training on the following topics: • The safe use of, • Its limitations, • The care of, • When to use, and: • Storage of the PPE to which they have been allocated.

5 Attachments-Nil-