

Personal Protective Equipment in Hot environment

There are various types of health and safety hazards associated with heat exposure at work. In order to minimize the risks, exposure to hot environment must be decreased. Personal Protective Equipment negatively impact the tolerance of the workers to heat exposure. However, PPEs should not be modified or removed when workers are exposed to heat.

Do's!

- Wear breathable, light colored, and loos-fitting cloths
- Wear your PPE at all time
- Be aware that PPE may increase the risk of heat stress
- Remove PPE only at places that PPE are not required
- Cotton clothing can be soaked in water to aid cooling











Don'ts!

- Never remove your PPE when they are required
- Do not wear dark colored cloths when exposed to direct sunlight
- Do not wear clothing made of synthetic or synthetic blends




Types of PPE:

- Respiratory 
- Eye and Face 
- Skin 
- Noise 
- Head 
- Foot and leg 
- Hand 
- body 


Employees

Wear PPE in the correct way
Pay attention to maintain PPE
Communicate with you employer about effectiveness of PPE



Employers

Specify physical and health hazard
Provide suitable PPE
Train your workers
Evaluate the effect of PPE program periodically



Limitation



- !!! Safety Hazards**
sometimes movement and vision are restricted due to weight and visual field limitation of PPE. Besides, by using PPE for face protection, communicating will become hard.
- !!! Heat stress and risk of dehydration**
Heat stress, dehydration and psychological stress may occur as the result of using PPE.
- !!! Management requirements**
Management programs are necessary for ensuring effectiveness of PPE.

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