



PPE GUIDELINES

To ensure workforce & Supervisors to wear Helmet, Safety shoe & Mask. Depending on the circumstances and potential hazards present, additional PPE may be provided. This determination will be made by supervisor based on the preliminary Job Hazard Analysis; EHS may also be consulted. Additional PPE may include –

- Protective Gloves
- Hearing Protection
- Foot protection
- Hand & Arm protection
- Protective clothing
- PPE Selection & Hazard assessments
- Full Face shield when cutting, grinding & chipping.
- Chemical splash goggles
- Respiratory protection
- Fall protection equipment when working above 6 feet
- Safety belts
- Ladder safety
- Guards for Hand & portable tools
- Chemical safety – Hazard Communication

Fall Protection Guideline:

A fall protection plan is a safety plan for workers in unprotected elevated work areas, generally at heights above six feet. The plan aims to provide a safe working environment and to administer the use of fall protection measures, techniques and equipment. It ensures standard practices designed to ensure that fall prevention training, procedure and practices are shared with all employees for implementation.

Fall protection plans usually show the following guidelines:

- Identifying hazards
- Methods to be used in prevention
- Correct procedures to be used including adequacy of attachment points
- Alternative methods and procedures
- Prompt and safe evacuation of an injured person and treatment in an emergency

Scaffolding/Working platform:

- A competent third part certified person is allowed for scaffolding job
- Cold work permit is required.
- Employees shall be used chin straps, leather gloves and safety harness full time.
- Tools and spanners shall be secured with body.
- Area shall be barricaded and signs board to be displayed.
- Non-sparking tools shall be used in hazardous area.
- Materials, clamps shall not drop or through
- Leather bags shall be used for shifting.
- While erection and modifications, red tag shall be display on height equal to eye level.
- If height exceeding the ratio, additional tie-in with nearby existing structure shall be given.
- Job shall be suspended in case of heavy wind more than 65kmph and rain.
- Dismantling start from top.
- Ladder shall be raised at least one meter above landing platform and should be secure at three locations.
- Loose materials, clamps shall not be kept unattended on working platform.
- Risk Assessment is required If Wind speed is More than 50kmph.
- Mobile Scaffold Casters (wheel) dia should be 5inch 1(12.7cm) & Swivel lock Required.

Fire Protection procedure:

Assess fire safety measures in your built environment with the help of this checklist:

- Provide adequate means of escape
- Outline clear pathways to exit doors
- Install smoke detection systems
- Maintain smoke suppression systems
- Conduct regular fire drills
- Use flame-retardant materials in interiors
- Make your office accessible to firefighters
- Keep the building plans handy
- Ask the local fire brigade to assess safety
- Comply with National Building Code

Rescue procedure:

- Stop all activities immediately
- Assess that all persons can evacuate the area
- Follow EXIT signs to the nearest safe exit
- Use the stairs
- Allow others to enter the stairwell
- Steer clear of hazards
- Move away from the building
- Do not re-enter the building without an "all clear"

Injury Treatment Procedure:

PRICE therapy.

Minor injuries, such as mild sprains and strains, can often be initially treated at home using PRICE therapy for two or three days.

PRICE stands for protection, rest, ice, compression and elevation.

Protection – protect the affected area from further injury – for example, by using a support.

Rest – avoid exercise and reduce your daily physical activity. Using crutches or a



walking stick may help if you can't put weight on your ankle or knee. A sling may help if you've injured your shoulder.

Ice – apply an ice pack to the affected area for 15-20 minutes every two to three hours. A bag of frozen peas, or similar, will work well. Wrap the ice pack in a towel

so that it doesn't directly touch your skin and cause an ice burn

Compression – use elastic compression bandages during the day to limit swelling.

Elevation – keep the injured body part raised above the level of your heart whenever possible. This may also help reduce swelling.

Hazard/Toxic Identification and Assessment:

One of the "root causes" of workplace injuries, illnesses, and incidents is the failure to identify or recognize hazards that are present, or that could have been anticipated. A critical element of any effective safety and health program is a proactive, ongoing process to identify and assess such hazards.

To identify and assess hazards, employers and workers

- Collect and review information about the hazards present or likely to be present in the workplace.
- Conduct initial and periodic workplace inspections of the workplace to identify new or recurring hazards.
- Investigate injuries, illnesses, incidents, and close calls/near misses to determine the underlying hazards, their causes, and safety and health program shortcomings.
- Group similar incidents and identify trends in injuries, illnesses, and hazards reported.
- Consider hazards associated with emergency or nonroutine situations.
- Determine the severity and likelihood of incidents that could result for each hazard identified, and use this information to prioritize corrective actions.

Excavation:

Surface encumbrances such as utility poles, heavy equipment supported or removed. Heavy equipment safety zone at least 1½ times depth of trench for if not supported. Employees protected from

- loose rock or soil.



- Spoils, materials, and
- Equipment set back a minimum of 2' from edge of excavation.

Safety Code & Signs:

At Client location, safety supervisor has to give brief about sign boards, Markings, codes, different color codes & colored lines in the premises to maintain highest safety stands as per our cliental polices.

Boom lifter / Crane usages guidelines in Client location:

Alcohol test has to be conduct for the Boom lifter or Crane operator. Along with need to observe below mentioned checklist to return home safely.

- All fluid levels, including the oil, fuel, and coolant.
- Any fluid leaks.
- Wheels and tires
- Battery and charger
- Lower-level controls
- Horns, gauges, lights, backup alarms, and other warning devices.
- Steering and brakes.
- Fall Protection
- Overhead Protection

Eye Protection PPE:

Personal protective equipment devices for chemical hazards: Safety goggles: Primary protectors intended to shield the eyes against liquid or chemical splash, irritating mists, vapors, and fumes. Face shields: Secondary protectors intended to protect the entire face against exposure to chemical hazards. To safeguard eyes while spraying, cleaning, handling sharp objects, grinding, chipping of Every employee must wear protective wear to safeguard themselves. Depends on the severity of the job right eye gear has to select.

Hearing Protection PPE:

Hearing protectors are required to prevent noise induced hearing loss. Hearing protection devices reduce the noise energy reaching and causing damage to the inner ear. Ear muffs and earplugs are the most common types of PPE. When working



near to Reactors, AHU units, DG rooms, boiler sites, compressors, and other high noise areas hearing protective must wear to safeguard.

Foot Protection PPE:

Toe guards: Toe guards fit over the ends of regular shoes to help prevent foot injuries. Electrically conductive boots: Electrically conductive boots protect against the buildup of static electricity. Every employee must wear safety shoes throughout the working ours as they handle heavy weight objects, sharp tools etc.

Chemical Protective Clothing:

Chemical protective clothing (CPC) is clothing worn to shield those who work with chemicals from the effects of chemical hazards that can cause injuries on the job. It provides a last line of defense for chemical safety; it does not replace more proactive measures like engineering controls. Especially when Job is carried out in pharma companies at modules Hazmat suit is recommended.

Covid – 19 Guidelines:

No workman is allowed if they do not have at least 1 dose of WHO approved covid-19 vaccine and vaccine certificate need to be produced to the supervisor. Irrespective of the vaccine everyone must follow Government of India guidelines such as wearing mask, face shield, hand gloves if needed, social distancing, avoid crowded places.