

**Objective:** To ensure that employees understand the importance of using PPE correctly to protect themselves from workplace hazards.

**Talk:**

- **Introduction:** PPE is our last line of defense against hazards. It's important to understand how to use it correctly so we can stay safe.
- **Types of PPE:**
  - **Head Protection:** Hard hats protect against falling objects.
  - **Eye Protection:** Safety glasses or face shields prevent eye injuries from flying debris.
  - **Hearing Protection:** Earplugs or earmuffs protect against hearing loss in noisy environments.
  - **Hand Protection:** Gloves protect your hands from chemicals, cuts, or burns.
  - **Foot Protection:** Steel-toed boots protect against falling objects and sharp objects.
- **Correct Use:**
  - Ensure your PPE fits correctly—don't use ill-fitting or damaged gear.
  - Always check that your PPE is in good condition before use.
  - Replace damaged PPE immediately to maintain protection.
- **Conclusion:** PPE is crucial for your safety, but it only works when used properly. Always wear the right gear for the task and make sure it's in good condition.

