**Appendix A**

**Guidance on the Selection of PPE**

The following must be considered when assessing whether PPE is suitable:

1. Is it appropriate for the risks involved? For example, eye protection designed for providing protection against splashes from hazardous liquids may not offer adequate face protection for someone using an angle grinder to cut steel or stone.
2. Is it appropriate for the environment it will be used in? For example, weather conditions, heating, noise, atmospheric conditions etc.
3. Does it prevent or adequately control the risks involved without increasing the overall level of risk?
4. Can it be adjusted to fit the wearer correctly?  
   (NOTE: Respiratory Protective Equipment (“RPE”) should be tested (“face fit” test) to ensure it fits correctly. <https://www.hse.gov.uk/respiratory-protective-equipment/fit-testing-basics.htm>)
5. Has the state of health of those who will be wearing it been taken into account where appropriate?
6. What are the needs of the job and the demands it places on the wearer? For example, the length of time the PPE needs to be worn, the physical effort required to do the job and the requirements for visibility and communication. Consider the health of the person wearing the PPE and its ergonomic effects. PPE made of certain materials should not be issued to workers if they are known to cause allergies, for example latex gloves. Heavy or bulky suits can cause or make worse existing musculoskeletal problems and cause thermal comfort problems. The aim should be to choose PPE which will give maximum protection while ensuring minimum discomfort to the wearer, as uncomfortable equipment is unlikely to be worn properly.
7. If more than one item of PPE is being worn, are they compatible? For example:
   * does a particular type of respirator make it difficult to get eye protection to fit properly?
   * is a hard hat compromising the use of earmuffs/goggles?

**Consultation**

Those who do the job are usually best placed to know what is involved and can provide valuable input to the selection process. There is a better chance of PPE being used effectively if it is accepted by the user.