

Personal Protective Equipment

Personal protective equipment (PPE) is equipment or clothing worn by a worker to prevent or minimize exposure to specific hazards. Examples of PPE include respirators, gloves, and head, eye, and foot protection.

Before considering PPE, every effort should be made to eliminate or minimize the risks by other means, such as:

- Substituting with less hazardous products
- Changing or modifying equipment or the working environment
- Modifying work procedure

People in different occupations in the hospitality industry may require different types of PPE in the course of their work. Some examples of PPE you may be required to use include:

Dishwashers	<ul style="list-style-type: none">• Heat-resistant gloves and/or apron when washing dishes in hot water• Non-slip footwear• Chemical resistant gloves (check MSDS for specific glove required)
Cooks	<ul style="list-style-type: none">• Heat resistant gloves• Cut-resistant gloves for certain knife tasks• Non-slip footwear• Goggles / chemical resistant gloves / respirator when using cleaning chemicals (check MSDS)
Janitorial/housekeeping staff	<ul style="list-style-type: none">• Chemical-resistant gloves when cleaning with or handling chemicals (check MSDS for specific type of glove required)• disposable waterproof gloves when cleaning blood and body fluids• work gloves when handling garbage• Non-slip footwear• Safety goggles and face shields when there is a danger of chemical splashes when handling chemicals
Maintenance staff	<ul style="list-style-type: none">• Work gloves for manual handling e.g. boxes, furniture, garbage• Footwear with ankle support for outdoor work, and / or steel-toed boots when working with heavy tools and equipment• Safety glasses when general eye protection is required

	<ul style="list-style-type: none"> • Fall protection when working from heights • Hearing protection when working in noisy places
Landscapers	<ul style="list-style-type: none"> • Work gloves when handling tools or vegetation • Safety glasses when general eye protection is required • Steel-toed boots when using landscaping equipment • Hearing protection when using landscaping equipment

For more information about personal protective equipment, see the following:

- [OSH Answers: Personal Protective Equipment](#) (Canadian Centre for Occupational Health and Safety)
List of topics for which information is provided in question-and-answer format, including [glove selection](#), [headwear](#), [respirator care](#) and [selection](#), [foot comfort](#) and [safety footwear](#), [safety glasses and face protectors](#), [hearing protectors](#), etc.
- [Online Safety Library: Personal Protective Equipment](#) (Oklahoma State University, Department of Environmental Health and Safety)
Numerous links to articles and other information about PPE.
- [Dealing with “Latex Allergies” at Work](#) (Workers’ Compensation Board of BC)
“This document describes the various health problems (commonly referred to as ‘latex allergies’) associated with the use of natural rubber latex products. As well, the document focuses on the natural rubber latex allergy as it may cause severe health problems that are life-threatening. A list of resources where workers can obtain further information and help on preventing and dealing with ‘latex allergies,’ is provided at the end of this booklet.”
- [Eye and Face Protection](#) (Manitoba Labour)
Contains a guide for selecting appropriate eye and face protection.
- [Protective Footwear](#) (Manitoba Labour)
Brief description of the types and styles of footwear available.
- [Protective Gloves](#) (Manitoba Labour)
Guidelines for selecting the appropriate protection.