

Protect



It's common to hear about using personal protective equipment (PPE) at work, but what about at home? Oven mitts, bicycle helmets, and seat belts are all examples of PPE we use to keep ourselves and our families healthy and safe. According to the Centers for Disease Control, seat belts reduce crash-related injuries and deaths by

50%

Equip yourself

Employees should use PPE anytime they are exposed to a hazard that can't be eliminated or prevented any other way. Various types of PPE are available for the protection of the torso and abdomen, eye and face, head, foot, leg, hand, hearing, and respiratory systems, as well as protection against falls.