



## Personal Protective Equipment (PPE) Training Course

Personal Protective Equipment (PPE) is essential for safeguarding workers from workplace hazards, reducing the risk of injury and illness. This PPE Training Course equips employees with the knowledge to select, use, and maintain PPE correctly, ensuring compliance with workplace safety legislation.

### Course Objectives

- Understand the importance of PPE in workplace safety.
- Identify different types of PPE and their uses (e.g., head, eye, hearing, respiratory, hand, and foot protection).
- Learn how to properly fit, use, and maintain PPE.
- Recognise employer and employee responsibilities regarding PPE compliance.
- Understand PPE-related workplace regulations and legal requirements.
- Identify common PPE mistakes and how to avoid them.

### Who Should Attend?

This course is ideal for all employees who require PPE in their roles, including construction workers, factory personnel, healthcare staff, and safety officers.

### Course Format

- Interactive presentations and discussions.
- Practical demonstrations of PPE use and maintenance.
- Case studies and real-world safety examples.
- Assessment and certification upon completion.

By the end of the training, participants will have the knowledge and skills to correctly use PPE, ensuring a safer work environment and compliance with health and safety regulations.

