

Checklist for PPE

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Hazards/factors	Things to look for	Hazard present?	Comments	Suggested action/Solutions to consider	Action taken?
Gloves	Do they impair dexterity? Do they offer warmth/protection against cold, sharp edges, other hazards?			Ensure they are a good fit for you. Make sure you replace gloves as necessary. Look at range on market, try out new styles.	
Immersion suits	How do they do up? Is the zip easy to manage on your own or is zip behind head? Does suit restrict movement?			Look at what other equipment is available. Feedback any problems to manufacturers. Don't struggle and risk harming yourself. Get someone to give you a hand if you struggle.	