



## Personal Protective Equipment and Personal Protective Clothing

### Acronyms:

<b>PPE</b>	Personal Protective Equipment
<b>PPC</b>	Personal Protective Clothing
<b>TGK</b>	To go kit

### **Purpose**

After reading these notes you will have developed knowledge about:

1. The types of PPE/C used by SAVEM personnel to maintain the safety of personnel
2. Putting together a 'To Go Kit' for use during an activation

## 1. Introduction

Safety is the primary concern for SAVEM during all training and operational activities. SAVEM requires every volunteer to be aware of personal safety and to share this with others to ensure individual and team safety.

The use of PPE and PPC by all volunteers is an important safety management tool. It is the expectation that PPC and PPE will be worn and used appropriately when on SAVEM activation unless negotiated otherwise with the Team Leader or Commander.

PPE is often called the last line of defence which is why it is equally if not more important than other safety measures. Choosing the correct PPE and using it properly can go a long way towards preventing injury to yourself and to others.

## 2. PPE

### I. What is PPE?

PPE refers to anything used or worn to minimise risk to personnel's health and safety. PPE is clothing, helmets, goggles or other garments or equipment designed to protect an individual from external hazards. PPE is used to enhance volunteer safety when conducting SAVEM tasks. PPE is often hazard specific for example, P2 masks for use in smokey or dusty conditions. SAVEM has a wide variety of PPE available to cover many hazards.

SAVEM vehicles contain a limited number of stocked PPE items including:

- High visibility vests
- P2 smoke and dust masks
- Woolen fire blankets
- Spare cotton overalls
- Hard hats
- Gloves
- First aid kits
- Sunscreen

### 3. PPC

#### i. What is PPC?

PPC refers to items of clothing worn by SAVEM volunteers to provide physical protection against hazards or dangers. Some items will be provided by SAVEM e.g. red overalls for field teams. SAVEM red overalls will be worn over personal clothing which can include:

- Long sleeved shirt/top preferably made of cotton or natural fibre for fire resistance.
- Long pants preferably made of cotton or natural fibre for fire resistance.
- Woolen socks.
- Cotton or natural fibre under garments.
- Broad brimmed sun hat or cap.
- Boots.
  - Leather construction, steel toe capped and fire resistant.
  - Provide protection from hot ground and debris.
  - Provide ankle support on uneven ground.
  - Prevent penetration by sharp objects.
  - Well-fitting and comfortable as you may be wearing them for extended periods during an activation.
  - A very personal item that should be individually purchased by every volunteer.

#### ii. Purchasing boots

Boots can be purchased from:

Fire and Rescue Australia

190 Main Road Blackwood 5051

Phone (08) 8370 2739

<http://www.fireandrescueaustralia.com.au/>

## 4. Why do we need PPE/C?

There are many reasons for using PPE/C but it is ultimately to keep you safe and minimise your exposure to hazards. There are many hazards at emergency incidents.

Here are some reasons you should use the PPE/C correctly:

1. It is there for you. The first letter in PPC is 'personal'
2. It protects you. The second letter stands for 'protective'
3. It's easy. It's easy to slip a pair of boots on to protect your feet
4. It gets you on site. No boots or overalls no field work.
5. There are hazards you can't see. Burning tree roots don't show flames

No PPE/C  
No participating at incidents

PPC/E must be worn appropriately when participating in SAVEM activities. This means overalls will not be worn tied around the waist. Failure to comply with standards will result in responders being stood down.

## 5. TGKs

### What is a TGK?

A TGK is a selection of items selected and organised by individual volunteers in preparation for an activation. It is designed to be pre-packed and stored so that the volunteer is quickly available to deploy with all the personal items they are likely to require for the duration of the activation.

TGKs are highly personalised due to individual needs or preferences however, there are many common items such as spare clothing which every TGK should include.

A comprehensive example of a TGK is included with this training note (Attachment A).

Items of PPE can be purchased through SAVEM for use in your TGK.

## 6. Training Note 5 Quiz

1. All PPE including clothing and boots will be provided to every volunteer by SAVEM.
  - a. True or False
2. PPE available from SAVEM vehicles may include.
  - a. Sunscreen
  - b. P2 face masks
  - c. Hard hats
  - d. Fire blankets
  - e. All of the above
3. When working on a fireground, what is the acceptable type of footwear to be worn by SAVEM volunteers?
  - a. Sports shoes
  - b. Thongs
  - c. Fire retardant, steel capped boot
  - d. Any of the above
4. A TGK is put together after having been activated for a SAVEM response.
  - a. True or False
5. Wearing PPC/E is optional when participating in SAVEM activities. This means overall you can wear anything you like to participate in SAVEM activities.
  - a. True or False

## 7. Attachment A: Example TGK

### SA Veterinary Emergency Management (SAVEM): Personal To Go Kit (TGK) Checklist

Clothing bag, containing:		Toiletries bag, containing:	
	Woolen socks		Face washer
	Spare underwear		Soap
	Cotton T shirt		Shampoo
	Cotton collared shirt		Conditioner
	Spare cotton jeans		Towel
	Hat		Moisturiser
	SAVEM red cotton drill overalls		Sunscreen SPF 50
	Riggers gloves, long cuff		Comb
	Sunglasses & sunglasses pouch		Brush
Draw-string bag, containing:			Hair ties
	Fire boots		Lip balm with SPF 30 sunscreen
	Elastic-sided leather boots		Insect repellent
	Plastic bag for dirty footwear		Dirty washing bag
Medication bag, containing:			Rubbish bag
	Ibuprofen	Personal vet kit, containing:	
	Paracetamol		A5 copy VSBSA rego
	Phenylephrine (Sudafed)		Timer watch
	Prochlorperazine maleate (Stemetil)		Pocket notebook
	Electrolyte drink sachets (Hydralyte)		4-ink pen, pencil
Wallet, containing:			Stethoscope
	SAVEM ID		Thermometer
	Firearms licence		Lubricant
	Driver's licence, other ID		Cotton swabs
	Car key, spare		P2 face mask

	Phone		
	Phone charger, spare		
	camera		
	AA batteries for camera		
	Torch		
	Spare torch batteries		
	Head lamp		
	Spare headlamp batteries		
	Tissues		
	Water bottles x 3		
	Snack bars /muesli bars/ lollies		

This is **one suggested list** used by a vet. Personal items may vary according to your role, and personal medications may vary but should be heat and light protected and clearly labelled with your name.

All items are stored together in **one larger bag** with good handles that is **easily carried and stowed**, and a **large opening zipper** for security and to make finding things **fast and simple**.

The list is kept to **one A4 page only and laminated**. It is then **stored in the kit itself** and used as a checklist at various times throughout the year, **before every deployment** and on repacking and restowing.