

INFORMATION DOCUMENT

PPE (PERSONAL PROTECTIVE EQUIPMENT)

Many activities can present several hazards to participants. These hazards could cause an array of injuries ranging in severity so it is essential that personal protective equipment is used to reduce risk.

The main types of PPE for are those that are designed to protect against impacts, such as a helmet or protective pads designed to protect certain areas of the body. Choosing and using the correct type of PPE is also important.

Helmets should be provided for activities such as buggy rides, zip-lining, go-karting and horse riding. This is to ensure that in the event of a head injury, the risk of brain damage is minimised. However, it is also important to use the correct PPE, for example a horse riding helmet may not offer the same protection as a standard bicycle helmet

Some activities require more specific safety equipment which is also heavily regulated in some countries for example rock climbing. Activities like caving and zip lining require PPE including harnesses, pulleys and carabiners. For water-based activities and boat trips, Life jackets will reduce the risk of drowning. Ankle straps should be provided for surfing activities so that if the participant has fallen off, they will still be attached to the surf board and can use it as a floatation device. A wetsuit is also a good provision as this will protect the participant from hypothermia.

Parachuting, Hang Gliding and activities similar to this may benefit from the use of goggles or a type of eye protection so that nothing comes into contact with the eye during flight and may provide better visibility in some circumstances.

Padded clothing can be offered for activities like Snowboarding and Rock Climbing where protection against hard objects may reduce risk of injury.

It is important to regularly check and maintain PPE. Damaged equipment may not be able to offer the same level of protection and if necessary may need replacing. It is also good practice to log these checks to show when they were last completed and any action that has been taken.

You should ensure all PPE properly fits the customers participating in the activity. This means having PPE of assorted sizes and for different sexes (as appropriate).

Although PPE cannot completely remove all risks, it can reduce injuries and save lives.