

Knighthro knows that his Personal Protective Equipment (PPE) is essential to protect him from various hazards he might encounter during his duties. Proper use of PPE can significantly reduce the risk of injuries and ensure a knight's safety. Using PPE correctly is crucial for the safety of Knights. By following these guidelines and ensuring proper training and maintenance, Knights can protect themselves effectively while performing their duties.

Helmet: Protects the head from impacts and injuries. Ensure it fits snugly and is securely fastened.

Hearing Protection: Safeguard your hearing in loud environments, by effectively blocking out excessive noise and preventing potential hearing damage.

Body Armor: Provides protection against physical impacts and sharp objects. It should cover vital areas like the chest, back, and sides.

Gloves: Protect hands from cuts, abrasions, vibrations, and impacts. They should be durable and allow for a good grip.

Safety Shoes: Sturdy footwear that protects the feet from impacts and provides good traction to prevent slips and falls.



Safety Gloves: Shields the eyes from debris, dust, flying/falling objects, and other harmful particles.

Shield: Used to deflect blows and projectiles, offering additional protection.

Best Practices for Using PPE

1.Proper Training: Knights should be trained on how to correctly wear and use each piece of PPE. This includes understanding the limitations and proper maintenance of the equipment.

2.Regular Inspections: PPE should be regularly inspected for any signs of wear and tear. Damaged equipment should be repaired or replaced immediately.

3.Correct Fit: Ensure that all PPE fits properly. Equipment can be uncomfortable and may not provide adequate protection.

4.Compliance with Standards: Follow relevant safety standards and regulations to ensure the PPE used is up to the required safety standards.

5.Creating a Safety Culture: Encourage a culture of safety where the use of PPE is a standard practice and not an afterthought.