

SAFE USE OF PPE

安全的使用

安全配备

Eye & Face Protection

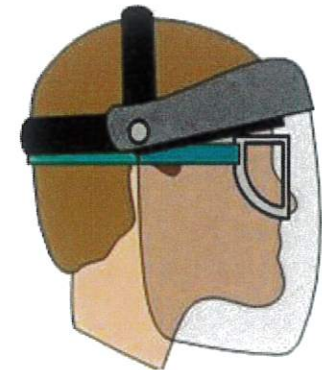
Types of protection:

- Safety Glasses
- Safety Goggles – better protection
- Face Shield – for splash hazards

眼睛和脸部的保护

各种保护：

- 安全眼镜
- 安全眼罩（完善的保护眼睛）
- 面罩（全面保护脸部）

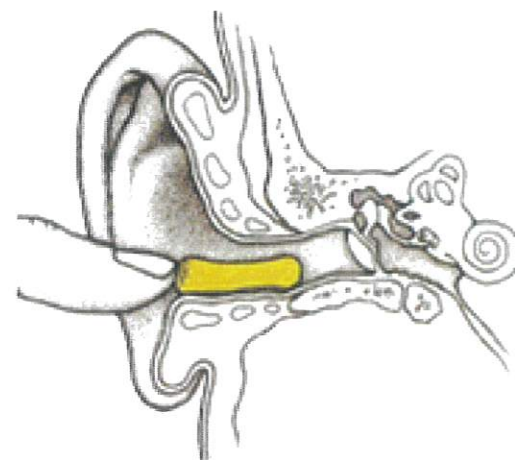


Hearing Protection 听觉的保护



Pull the ear outward and upward during insertion

1. 把耳朵往外与上拉, 然后把耳塞放进耳孔。
2. 把耳塞放进耳孔后, 稍微让耳塞完全扩张, 覆盖耳洞。



Insert the plug well into the ear canal and hold it there while it begins to expand

错误



Incorrect



Correct

正确

使用口罩的6个步骤



6

Six

Protect yourself and your loved ones

Steps to wearing the N95 MASK



Step 1

Wash your hands before putting on the mask.



Step 2

Select a suitable N95 mask that fits* well.

*Available in different sizes

先把手洗干净

选择适合你脸型的口罩



Step 3

Hold the mask with a cupped hand and place it firmly over your nose, mouth and chin.

把口罩贴紧鼻、口和下巴



Step 4

Stretch and position top band high at the back of head. Stretch and position bottom band under the ears.

把上塑胶绳拉至后脑部，下塑胶绳往耳朵底部



Step 5

Press the thin metal wire along the upper edge gently against the bridge of your nose so that the mask fits nicely on your face.

轻轻第把口罩里面的铁条压下



Step 6

Perform a fit check by inhaling and exhaling. During exhalation, check for air leakage around face.

深呼吸，检查口罩是否有漏风