Head Protection – Hard Hats

There are some practical reasons for wearing a hard hat. They help keep your head cooler in summer; dry during rain; and helps shield your ears from noise. But the main reason to wear a hard hat is that it protects the control center part of your body—your head.

Guide for Discussion

**What a Hard Hat Does**

- Protects you from falling objects.
- Protects your head in case of a fall or bump’s into machinery, ductwork and the like.
- Protects you from electrical shocks and burns if it's a non-conductive hat.
- It is a neat place to put stickers and decals, especially first aid trained or safety committee member.

**Proper Care.** In order for your hard hat to take care of you, you need to care for your hat.

- Always keep your hard hat properly adjusted.
- Do not cut, bend or heat the hard hat.
- When you see deep gouges or cracks in the shell, or the hat color turns dull, its time for a new one.

**Proper Wear.**

- Do not wear it backwards.
- Don’t put anything inside your hard hat except your head.
- Don’t try to substitute it for a “bump cap.” The bump cap will not provide adequate protection from falling objects; just isn’t strong enough.
- It is not a stool or a step; doing so weakens the shell of the hard hat.

**Additional Discussion Notes:**

What is company policy on wearing hard hats? *INSERT POLICY*

When working on scaffolding and exposed to falling objects, a hard hat must be worn.

**Remember:** The average hard hat weighs about 14 ounces. The average head weighs about 14 pounds. That’s about one ounce of protection for each pound of head. A small price to pay to protect the control center of your body.

**Attendee’s:**

**NOTE:** Always promote a discussion on any of the topics covered in the Tool Box Talks. Should any question arise that you cannot answer, don’t hesitate to contact your Employer.