

# UTCA Safety Committee



## Personal Protective Equipment - Hard Hats Supervisor Talk

### Always Wear a Hard Hat

Some workers do not worry about accidents, especially if they have never been injured before. But no one knows when a piece of concrete, a small rock, or a tool is going to fall and land on their head. As a matter of fact, there are very few situations when a hard hat should not be worn on a construction job site.

### Hard Hats Serve Several Purposes

Hard hats not only reduce the chances of serious injury resulting from falling objects, but they also protect workers in case they accidentally bump their heads on things – for instance, on machinery, ductwork, ceiling tie wires and forms. Non-conductive hard hats protect against electrical shock and burns. Metal hard hats should never be worn around electrical work.



### Hard Hat Use and Care

1. Always wear your hard hat forward, never \*backwards.
2. Ensure it fits properly. Adjust the suspension systems to maintain clearance between your head and the shell of the hat.
3. Don't put anything under the hat except your head. This includes cigarettes, notebooks, etc.
4. Store it in a safe place when it is not being used. Clean the hard hat regularly with a mild soap.
5. Don't modify your hard hat by drilling holes in it for ventilation, painting it, etc.
6. Hard hats should be replaced when damaged, or routinely every 3 to 5 years to ensure proper protection.

### Some Common Complaints and the Real Truth

We sometimes hear the following complaints about hard hats. But is there any truth to them?

- "It's too heavy." Hard hats weigh only a few ounces more than a cloth cap; however, the extra protection you get is worth that extra weight.
- "It's too hot." Measurements taken in hot weather show that the temperature under a hard hat is often cooler than it is outside.
- "It gives me a headache." Getting hit on the head from an object that has fallen two floors will give you a worse headache. There is, however, no medical reason why a properly adjusted hard hat should cause a headache.
- Don't alter the suspension system or the hard hat because you won't get the designed protection.
- "It won't stay on." In a high wind, it won't. But a chin strap will solve this problem. Otherwise, you will find that a hard hat stays put no matter how much stooping or bending you have to do – if it's fitted properly.
- "It's noisy." That's your imagination. In fact, tests show that properly worn hard hats will shield your ears from noise to some extent.



### Useless Unless You Wear It

The hard hat is a useful piece of safety equipment. But like any other protective device, it must be properly adjusted and worn.

Date: \_\_\_\_\_ Attended By: \_\_\_\_\_  
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\* Unless approved by the manufacturer