

TOOLBOX TALK
NO.23

Head Protection



They help keep your head cooler in the summer: dry during rain and help shield your ears from noise. However the main reason to wear a hard hat is that it protects the control center part of your body – YOUR HEAD

Employers must provide hard hats to employees and ensure they are worn when there is a risk of head injury. Therefore it is a requirement to wear suitable head protection on all building and construction sites unless there is no risk of head injury, either from falling objects or by banging the head.

Established good practice is to ensure that head protection is always worn by everyone on site, except when in designated safe areas, such as the site office or canteen.

There are many makes of safety helmets available that are constructed to British Standards and it is the duty of the employer to provide safety helmets that are suitable for the job and the wearer.

Safety helmets are designed to offer a pre-determined level of impact resistance if they are correctly worn.

It has been established that the solvents in some paint, adhesives and permanent markers can reduce the strength of the plastic from which helmets are manufactured. DO NOT mark or decorate your safety helmets, other than applying official stickers or confirmation of site induction.

- ✘ Do not keep your safety helmet on the parcel shelf of your car as UV rays and heat can weaken the structure
- ✘ All helmets should be replaced if they become damaged or show signs of wear and tear
- ✘ The practice of wearing them back to front must NOT be tolerated
- ✘ Check your own helmet regularly for cracks, splits or any signs of damage. If the helmet is damaged, then replace it.
- ✘ Adjust the internal harness to fit your head comfortably, firm enough to prevent the helmet falling off
- ✘ A helmet is for use on your head, do not use it as a storage point for nails or screws. It is provided as protection from injury.
- ✘ It is not a stool or a step; doing so weakens the shell of the hard hat
- ✘ 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.

