



## **HARD HATS**

As Mighty Casey walked to the plate, he was sure he would bang one out of the park for a home run. But, he struck out and his team lost. His past performance had given him a false sense of security.

### **NO ROOM FOR CASEY'S ON CONSTRUCTION JOBS**

I see a lot of "Casey's" on construction jobs, walking around without hard hats. And sooner or later, they're going to be struck out- literally. Some of them think nothing can happen to them because they haven't been hurt so far. But they never know when a piece of concrete, a small rock, or a tool is going to fall ten stories and land on their head. As a matter of fact, there are very few occasions on a construction job when a hard hat should not be worn.

### **HARD HATS SERVE SEVERAL PURPOSES**

Hard hats not only reduce the chances of serious injury resulting from falling objects, but protect you when you bump your head on things- like machinery, ductwork, ceiling tie wires and forms. Non-conductive hard hats protect you from electrical shock and burns. Never wear metal hard hats around electrical work.

### **HOW TO CARE FOR HARD HATS**

The better care you take of your hard hat, the better care it will take of you. Here are some suggestions:

1. Properly adjust suspension systems to maintain clearance between your head and the shell of the hat.
2. Don't cut holes for ventilation. Don't heat and bend.
3. Don't substitute a "bump cap." They aren't strong enough.
4. Don't paint your hard hat.
5. Don't put anything under it except your head; this includes cigarettes, notebooks, and such.
6. Don't wear it backwards.

### **SOME COMMON COMPLAINTS AND THE REAL TRUTH**

We sometimes hear the following complaints about hard hats. But is there any real basis for them?

"It's too heavy." (Hard hats are only a few ounces heavier than a cloth cap, but the extra protection you get is worth the extra weight.)

"It's too hot." (Measurements taken in hot weather show that the temperature under a hard hat often is cooler than it is outside.)

"It gives me a headache." (A thump on the head from something which has fallen two floors will give you a worse one. 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." (You're right, it won't in a high wind. 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.)

#### NO HELP UNLESS YOU WEAR IT

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

Safety Recommendations: \_\_\_\_\_

Job Specific Topics: \_\_\_\_\_

M.S.D.S Reviewed: \_\_\_\_\_

Attended By:

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