

6 - Head Protection: Safety Training

EH&S – MGA

Goals: This safety session should teach you to:

- A. Understand which hazards require head protection.
- B. Know how to select, use, and maintain hard hats correctly.

OSHA Regulations: 29 CFR 1910.132,.135

1. Personal Protective Equipment (PPE) Is a Barrier Between Hazards and You

- A. OSHA requires employers to identify when workers need PPE as protection and:
 - 1. Select PPE that will protect against identified hazards
 - 2. Train employees to know when and how to select, use, and care for the PPE

2. Hard Hat (or Safety Helmet) Design and Construction Resists Blows and Absorbs Shock

- A. The one-piece outer shell protects your head from the blow or penetration.
- B. The head band and straps between the outer shell and your head absorb the shock of the impact.
- C. A chin strap keeps the hat on if you fall, get hit, or are in a windy situation.

3. Wear a Hard Hat When There's Risk of Head Injury

- A. Hard hats protect your head when you're at risk of:
 - 1. Impact and penetration from bumping your head
 - 2. Impact and penetration from falling tools or materials when there are workers, machines, conveyor belts, etc. above you
 - 3. Impact and/or penetration from objects being carried or swung nearby
 - 4. Electrical shock and burn

4. Hard Hats Are Rated by Both Type and Class According to the Protection They Provide

- A. Helmet Type I is designed to provide crown (top) impact protection and is by far the most commonly used type of hard hat.
- B. Helmet Type II is designed to provide protection against both top and side impacts.
- C. Class E stands for Electrical, and these helmets are tested to 20,000 Volts to reduce the danger of high voltage. These helmets were formerly Class B.
- D. Class G stands for General, and this class is only tested to 2,200 Volts, so these helmets offer only minimal electrical protection. (Formerly Class A).
- E. Class C stands for Conductive, and this class is not intended to provide protection from electrical conductors. The helmets are not tested for electrical resistance.
- F. Observe that a Class E helmet meets the requirements of Class G and Class C.

5. Make Sure a Hard Hat Fits Correctly

- A. Get a comfortable fit and adjust the headband so the hat itself doesn't touch your head.
- B. Wear a hard hat liner, not a hard hat over a hat, if it's cold.
- C. You can't get a good fit when a hard hat is worn over a hat.

6. Inspect Hard Hats To Maintain Their Protective Ability

- A. Inspect your hat daily for cracks or dents.
- B. Replace:
 - 1. A headband that's stretched or worn
 - 2. The whole hat if the shell is cracked, broken, or punctured
 - 3. The whole hat if it has taken a heavy blow, even if it doesn't show damage

7. Care for Hard Hats Properly

- A. Avoid scraping or banging the hat; don't toss it around.
- B. Clean the hat at least once a month.
- C. Dip it in hot soapy water, then scrub, rinse, and dry it.
- D. Take out the removable sweatband and wash it periodically.
- E. Store the hat in a safe cool place.
- F. Avoid leaving it in the sun (e.g., on the back deck of a car), which will make it deteriorate.

Summation: Choose and Use Hard Hats Correctly to Protect Your Head

Use the correct class of hard hat to protect against impact, penetration, and electricity.