

# ***TOOLBOXTOPICS.COM***

Company Name \_\_\_\_\_ Job Name \_\_\_\_\_  
Date \_\_\_\_\_

## **HARD HATS**

The average hard hat weighs about 14 ounces. That's less than one pound. The average man's head weight is 14 pounds, so there's an ounce of protection for every pound of head -- provided that the head protection is worn. The brain is the control center of the body. The slightest damage to any part of the brain will cause malfunction of some area of the body. The skull, under normal circumstances, protects the brain, but when there is a possibility of injury from falling or flying objects, additional protection is needed -- that's why you have a hard hat! It provides an additional layer of protection for your brain, which could mean the difference between life and death or serious injury.

OSHA, employers, unions and insurance companies all insist that hard hats be worn to insure workers' safety. Why? Because they work!

As an object falls it picks up speed and force. It may be hard to believe but even an object as small as a washer or bolt can kill you or inflict massive damage to your brain if it strikes your unprotected head. Your hard hat is designed to deflect falling or flying objects and to absorb some of the shock of impact. Additional shock is absorbed by the suspension system, which distributes the force over a larger area of the head and neck.

Some workers complain about the weight of their hard hats and that they are uncomfortable to wear, especially in warm weather. These complaints are unacceptable. The average, modern hard hat weighs about 2 pounds less than the helmets worn in World War II, the Korean War & Vietnam. Regarding so-called discomfort from heat -- hard hats provide the head with a cover of shade, and air is able to circulate around the head between the suspension and the outer shell. Hard hats are a very important part of your protective equipment.

If you're working where there is the potential for electrical shock, make sure your hard hat is a die electric type. Metal hard hats make great electrical conductors and don't belong on the construction site.

**STATISTICS OFFER PROOF POSITIVE THAT HARD HATS PREVENT OR LESSEN HEAD INJURIES. BE SMART. WEAR YOUR HARD HAT!**

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

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

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