

Head Protection

The hard hat is one of the most widely used and important pieces of personal protective equipment (PPE) on the job. Hard hats protect workers from head injuries due to falling objects and overhead hazards.

Bob's Story

Bob and his crew were putting a new roof on a house. During his lunch break, Bob was on the ground eating a sandwich. A worker on the roof dropped his hammer. The falling hammer struck Bob's hard hat. Although Bob had some pain and discomfort, he did not need hospitalization.

✂ **Have you or someone you know ever had their hard hat prevent an injury? If so, what happened?**

✂ **How could this incident have been prevented?**

Remember This

- On a jobsite, always wear a hard hat that fits properly.
- Always wear your hard hat with the bill facing forward. Certification by ANSI does not cover hard hats worn backwards.
- Always avoid contact between the hard hat and electric wires.
- Always keep the space between the shell and the head clear. For example, don't wear a ball cap or other object under your hard hat. Never alter its shell or suspension, because that could drastically reduce the protection it gives.
- Never use a cushion-support suspension that is intended for use with a different hard hat shell or that is made by a different manufacturer.
- If you wear eye protection, use a kind designed to work with hard hats. Be sure to follow the maker's instructions for use.

How can we stay safe today?

What will we do at the worksite to promote hard hat use and prevent head injuries?

1. _____

2. _____

OSHA Regulation: 1926.100

Head Protection



- ✘ Never alter the hard hat shell or cushion-support suspension.
- ✘ Always wear your hard hat with the bill facing forward. Certification by ANSI does not cover hard hats worn backwards.
- ✘ Do not let your hard hat touch electrical wires.
- ✘ Use only eye protection designed to work with hard hats. Be sure to follow the maker's instructions for use.