

# Use Your Head, Wear Your Hard Hat Infographic

**USE YOUR HEAD.  
PUT ON YOUR  
HARD HAT**



## WHY SHOULD I WEAR MY HARD HAT?

Your hard hat protects the most important part of the body - your head. Without it you are at risk of causing a serious brain injury which could affect you for the rest of your life.

Wearing your hard hat will:

- Protect your head against falling materials
- Protect your head against accidental bumping
- Act as a shock absorber, distributing the impact over a larger area
- Shield your face and neck against spills or splashes

So before you start work, use your head and put on your hard hat.