Your Hardhat Protects Your Head

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Meeting Kit

WHAT'S AT STAKE

There are some standard excuses for not wearing a hardhat—it is too heavy, too hot, too cold or too bulky or even too ugly. But all of these excuses sound very flimsy when you consider how a hardhat can save your life.

WHAT'S THE DANGER

Hardhats protect you from head injuries. An impact that would cause minor injuries on another part of the body can cause fatal or life-changing injuries when the head is involved.

EXAMPLE

A carpenter working for a building contractor didn't notice the uncovered floor opening. He stepped into it and fell down one story to the concrete floor below. He suffered several broken bones, and a head injury. The victim was not wearing a hardhat because his supervisor did not insist upon it. The broken bones eventually mended, but the head injury never did. Today he is not the same person he was before his accident—his mental capacity and his personality have been permanently changed.

HOW TO PROTECT YOURSELF

If you work in an area where hardhats are required, by all means wear one to protect yourself from injury and death. There are several kinds of head protection available for different work situations.

There is the familiar hardhat, which comes in two basic styles. One is the full-brimmed style, which has a brim all the way around to give further protection to your neck, the sides and back of your head. The other is the cap style, with a brim in the front only. Both of these hardhats have of a hard outer shell and an inner suspension system which functions as a shock absorber. These hardhats are made to protect from objects which might strike your head and cause impact or penetration injuries. They also protect your head in case of a fall. As well, hardhats may protect against other hazards such as sparks, harmful dusts and chemical splashes. Some hardhats are made of non-conductive material to protect you against electrical shock.

Another type of head protection is the bump cap. It is made of lightweight material and does not include the suspension system. It is intended to protect you only from minor hazards. There are some other kinds of head protection for certain situations, including full helmets, and hoods which also protect your face.

FINAL WORD

Ask anyone who has been saved by a hardhat—being alive and healthy means everything. It is certainly worth the little bit of trouble involved in wearing head protection.