

Safety meeting blueprint

✓ **Meeting Topic:** Head protection

✓ **Today's Date:** _____

✓ **Attendee Signatures:**

Yes, of course, it's important to protect our heads from work-related injuries, but some people mistakenly believe that head injuries aren't that common, so there's little need to worry about safeguarding the head.

In reality, however, head injuries are more common than you might think. Consider a recent analysis by the Washington State Department of Labor and Industries showing that 20% of job-related injuries result in brain damage.

Of course, the best way to protect your brain is to wear the right head protection to reduce the risks from falling objects, blows, chemical splashes, electrical hazards and low-hanging overhead obstacles.

Consider the task

To protect yourself from these hazards, it's a good idea to select the right hard hat for the task.

Your headgear won't provide much protection if you're wearing the wrong type of hard hat for potential

hazards. For instance, if you'll be working around electrical equipment, choose a Class E hard hat, which is designed to protect you from high voltage levels. If voltage levels will be lower, select a Class G hard hat, which is designed to limit damage from low voltages.

Otherwise, your best bet is a Class C hard hat, which will provide protection from impact hazards.

Cold-weather gear

For cold-weather work, consider hard hats with built-in earmuffs and liners. For warmer temperatures, select a hard hat with a wide brim and neck flaps to protect you from the sun's damaging ultraviolet rays.

It's also essential that your hard hat fit properly. Make sure the gear can be adjusted to the size and shape of your head. For added comfort, pick a hard hat with absorbent materials to safeguard your forehead.

Once you've chosen headgear, don't put it on until you've checked it for damage. Examine the entire hard hat – including

the shell and suspension system – for cracks, dents, splits, shatters, frays, scratches, or gouges. If you notice a problem, take the hard hat out of service and replace it with a different one right away.

Avoid baseball caps

Once you've chosen the right hard hat for the task at hand, don't wear anything that could interfere with the suspension system, e.g., a baseball cap.

(What should you do after you've finished using a hard hat?)

To ensure that dirt and debris that could compromise the performance of the headgear aren't allowed to build up, get into the habit of cleaning the hard hat after you're done with it.

Use warm water and soap. Avoid substances such as solvents, harsh abrasives, or extremely hot water that could damage the hard hat.

Thanks for your attention. And remember, let's stay safe out there!

(See next page for test)

Safety meeting blueprint: Test your knowledge

Meeting Topic: Head protection

- | | | | |
|---|--|--|---|
| <p>1. If you notice that a hard hat is cracked, dented or scratched, you should</p> <p>a. Use masking tape to cover up the imperfections</p> <p>b. Paint over the damaged area</p> <p>c. Ignore it because it won't affect the performance of the safety gear anyway</p> <p>d. Take the hard hat out of service right away</p> | <p>equipment?</p> <p>a. Class E</p> <p>b. Class C</p> <p>c. Class G</p> <p>d. Any of the above</p> | <p>aren't allowed to build up</p> <p>c. Your coworkers will laugh at your dirty headgear</p> <p>d. There's no reason to clean a hard hat after each use</p> | <p>soap</p> <p>b. An abrasive solvent and soap</p> <p>c. Warm water and soap</p> <p>d. There's no reason to clean a hard hat</p> |
| <p>2. For cold-weather work, you should select a hard hat with</p> <p>a. A wide brim</p> <p>b. Neck flaps</p> <p>c. Built-in earmuffs</p> <p>d. None of the above</p> | <p>4. There's no need to select a hard hat that can be adjusted to the size and shape of your head because the safety gear is designed to fit heads of all sizes and shapes. True or False?</p> | <p>6. The right head protection can safeguard your brain from</p> <p>a. Falling objects</p> <p>b. Chemical splashes</p> <p>c. Electrical hazards</p> <p>d. All of the above</p> | <p>9. What percentage of job-related injuries result in brain damage, according to a recent analysis by the Washington State Department of Labor and Industries?</p> <p>a. 10%</p> <p>b. 20%</p> <p>c. 30%</p> <p>d. 40%</p> |
| <p>3. What class of hard hat should you choose if you'll be working around high voltage electrical</p> | <p>5. You should get into the habit of cleaning your hard hat after using it because</p> <p>a. You don't want anyone to think you're messy</p> <p>b. You want to ensure dirt and debris that could compromise the performance of the gear</p> | <p>7. Once you've selected a hard hat for the task at hand, it's OK to put on a baseball cap underneath the hat. True or False?</p> <p>8. Which of the following should be used to clean a hard hat?</p> <p>a. Extremely hot water and</p> | <p>10. A Class C hard hat will protect you from</p> <p>a. Impact hazards</p> <p>b. Pinch point hazards</p> <p>c. Slip and fall hazards</p> <p>d. None of the above</p> |

Test your knowledge: The answers

- | | |
|---|---|
| 1. d | 3. a. If you'll be working around equipment with lower voltages, select a Class G hard hat. |
| 2. c | 4. False. Always make sure that the gear can be adjusted to the size and shape of your head, so that the hard hat won't fall off and create an additional hazard. |
| 3. c | 5. b |
| 4. c | 6. d |
| 5. b | 7. False. Don't position anything between your head and the suspension system on the hard hat, because doing so will reduce the amount of protection provided by the safety gear. |
| 6. d | 8. c |
| 7. False. Don't position anything between your head and the suspension system on the hard hat, because doing so will reduce the amount of protection provided by the safety gear. | 9. b |
| 8. c | 10. a |
| 9. b | |
| 10. a | |