

PPE – Hard Hat Selection

Do you work in an environment where overhead hazards are present? If so you should be wearing an American National Standards Institute (ANSI) approved hard hat or safety helmet.

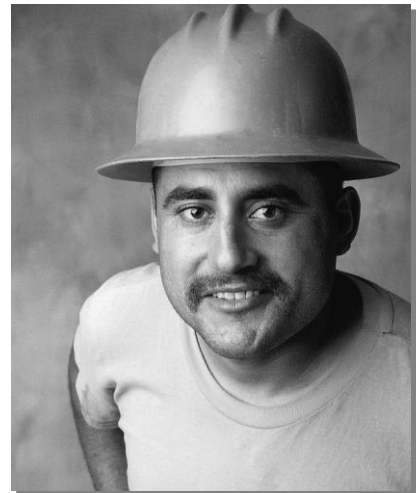
The risk of head injuries is common on most construction sites. Falling objects, head-height protrusions and electrical hazards can cause serious injury if proper head protection is not worn.

There are two main components of a hard hat:

- **Shell:** Provides protection from a falling object or an electrical shock.
- **Suspension:** Acts as a shock absorber upon impact.
 - It is important to adjust your suspension prior to every use.
 - A hard hat can lose its protective ability if not adequately secured to your head.
- The ratchet type of suspension provides easy adjustment for precise fit.

There are two types and three classes of hard hats classified by ANSI:

- **Type I:** This is a conventional type of hard hat that is designed to reduce the force of an impact to the head, spine and neck.
- **Type II:** This newer type of hard hat provides the same impact attenuation as Type I, but includes additional lateral protection that protects against side impacts.
- **Class E (Electrical):** A hard hat with this classification is tested to withstand 20,000 volts of electricity.
- **Class G (General):** This type of hard hat can withstand up 2,200 volts of electricity.
- **Type I, Class E and G:** This type of hard hat is designed to meet the demands of high heat environment. Ideal for industries such utilities, welding, foundries and steel mills. Hard hats are designed with thermoplastic materials, and can have other features such attachment slots and chinstraps.
- **Type II, Class E and G:** A specially designed hard hat for specific industries and purposes such as forestry, oil and gas drilling, emergency rescue, tower climbing, and others where there is high risk or lateral and overhead impacts, including those resulting from falls. Design also includes a chinstrap to secure the helmet in the event of a fall.
- **Class C (Conductive):** This type of hard hat provides no electrical protection.



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Potential hazards on the jobsite must be considered prior to selection:

- **Overhead protection:** Type I should be sufficient.
- **Side protection:** Type II hard hat is needed.
- **Electrical hazards:** Hard hats should be rated Class E or G depending on voltage.
- **Specialty hard hats:** If falls are possible.
- **Additional features:** Some hard hats have full brims for weather protection or chin straps to keep the hard hat secure when working in awkward positions. It all depends on your needs!

How can I properly inspect my hard hat?

- **Inspect the shell:**
 - Run your hands over the shell and inspect for any cracks, dents, gouges or other forms of degradation that may compromise the hard hat's protective integrity.
 - Hard hats with excessive wear or damage must be removed from service.
 - Ultraviolet light and high temperatures can also cause degradation to a hard hat.
 - If you work outside or in extreme temperature, increase the frequency of your inspections.
 - Replace the hard hat if plastic becomes brittle, faded or can no longer flex under normal pressure.
 - The shell should be able to compress approximately 1" if pressed together with two hands.
- **Inspect the suspension:**
 - Check for cracks and frays in the strap.
 - Inspect the headband for damaged material and clips for broken plastic.
 - Suspensions can be purchased independently from the shell and should be replaced immediately if damaged.
 - There is no mandated inspection schedule for hard hats but they should be thoroughly inspected prior to every use.

Can I put stickers on my hard hat?

There is no law against it. However, stickers should not be placed in areas that impede proper inspections. Refrain from putting stickers in areas that are likely to crack, such as around the brim of the hat. Check for cracks and degradation by inspecting the inside of the hard hat if you choose to cover the outside with stickers.

There are many types of hard hats that provide a variety of protection. It is important to work with your supplier and safety manager to select the appropriate hard hat for the type of work being performed.

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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Trainer's Signature: _____

Class Participants:

Name: _____ Signature: _____

Name: _____ Signature: _____

Name: _____ Signature: _____

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