

## Training Module: Protecting the Head

**Objective:** To know when and what type of head protection to use.

**Trainer's Note:** Explain when and where to wear a hard hat. Discuss how to prevent accidents by wearing a hard hat. Have each employee try on and adjust a hard hat to proper fit.

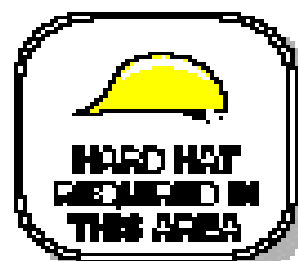
### Background

Wear a hard hat if there is danger of striking the head on overhead objects or of being hit by a falling, overhead object. Potentially dangerous situations include:

- Working below other workers or machinery.
- Working around or under conveyor belts.
- Working around exposed energized conductors.

Wear hard hats made of slow-burning, water-resistant molded plastic. They protect the head in various ways.

- The hard outer shells resist blows and penetration from above.
- Shock-absorbing suspensions (headband and straps) act as an impact barrier between the hat and the head.



Because the suspension gives a helmet its impact distributing qualities, helmets worn over a cap or parka hood do not protect the head. Liners are available to keep the head warm and chin straps are also available to keep the hat in place. Hard hats come in different classes or levels of protection.

CLASSIFICATION	LEVEL OF PROTECTION
Type I	Designed for top of head protection
Type II	Designed for top, front, rear and side protection
Class G	Resists impact and penetration and provides limited resistance to electricity.
Class E	Resists impact and penetration and provides high resistance to electricity.
Class C	Provides impact and penetration resistance only. They are usually made of aluminum and should never be worn around electricity

**Inspect the Hard Hat Before Using.**

Wear the hat if:

- The headband is not stretched or worn and fits comfortably.
- The shell is not dented, cracked, or visibly damaged.

**After Using the Hard Hat:**

- Check the hat for damage. If damaged, destroy the hat.
- Wash the shell frequently using hot soapy water only; rinse thoroughly.
- Store the hat carefully in a cool, dark, dry place.

**Cover The Following Points**

- Know when to wear a hard hat.
- Choose the best hard hat for the job.
- Wear hard hats that are in good repair.
- Discard damaged hats.

**True or False Answer Key**  
1. F, 2. F, 3. F, 4. T, 5. T

## Protecting the Head Quiz

**True or False**

**Name** \_\_\_\_\_

- |   |   |   |
|---|---|---|
| 1. Do not wear a hard hat when working below conveyor belts.        | T | F |
| 2. Helmets worn over hats still offer protection.                   | T | F |
| 3. A class "C" helmet should be used when working with electricity. | T | F |
| 4. Hard hats should be inspected before each use.                   | T | F |
| 5. Hard hats should be stored in cool, dry places.                  | T | F |