

# Head injuries

## Introduction:

Head injuries can be as simple as a minor bump, bruise or cut or as serious as a life long impairment or even death. Hard hats are designed to resist blows and penetration. Hard hats have an impact absorbing suspension system that puts a barrier space between your head and the shell of the hard hat.

## Hazards:

- Overhead falling objects
- Swinging objects
- Fixed objects over head
- Head contact with electrical hazards

## Safe procedures:

- The hard hats should be selected based on the hazards expected on the job.

These are the three classes:

- G. General use:** Resists impact, penetration and low voltage electrical protection
- E. Electrical:** Resists impact, penetration and high voltage electrical protection
- C. Conductive:** Provides impact and penetration resistance only.

These are the two types:

**Type I:** Hard hats intended to reduce force of impact from a blow to the top of the head.

**Type II:** Hard hats intended to reduce force of impact to the top and sides of the head.

- Inspect your hard hat daily to assure shell and suspension systems are in good working order.
- Adjust your hard hat suspension system to fit your head properly.
- Keep your hard hat clean by using warm soapy water or the method recommended by the manufacturer. Rinse completely. Dry before use.
- Wear the hard hat in the direction that the manufacturer recommends and for which use it was designed.
- Store your hard hat out of the sun in a cool place, not the back window of a vehicle.
- Replace a hard hat if it has sustained an impact, it is damaged or if it is older than five years.

## In conclusion:

To protect your head from the impact of falling or fixed objects, wear your hard hat. Select, inspect, adjust, clean and store your hard hat as recommended by the manufacturer. Your hard hat has to be on your head to provide you with the designed protection.