APPENDIX E – SAFETY HEADWEAR

A head injury can impair an employee for life or it can be fatal. Wearing a safety helmet or hardhat is one of the easiest ways to protect an employee's head from injury. A hard hat can reduce the force of a 570 lb. impact to a 127 lb. shock to the neck and spine and can protect employees from penetration hazards as well as from electrical shock and burn hazards.

WHEN IS HEAD PROTECTION REQUIRED:

Employees must wear head protection if any of the following apply:

- Objects might fall from above and strike them on the head;
- They might bump their heads against fixed objects, such as exposed pipes or beams;
- · There is a possibility of accidental head contact with electrical hazards; and or
- There is a possibility of being struck by falling objects.

Hardhat protection is effective only if the hat is adjusted to fit properly and is worn squarely on top of the head with the bill forward and not cocked at an angle or perched on the back of the head. Hair shall be protected against being caught on moving machinery, subjected to sparks or snagging objects. Long hair should be protected by compacting it into the hardhat shell or by use of hairnets or ties so that it is not loose. Manitoba Regulation 217/06, Part 6, Section 6.11

PROTECTION / TYPES / STANDARDS:

Protective headgear must meet CAN/CSA Standard Z-94.1 Industrial Protective Headgear - Performance, Selection, Care, and Use. A hard hat protects workers in five basic ways:

- The hard shell is the basic impact protection against falling and flying objects and walking into objects.
- The curved shell allows an object to ricochet or slide off, reducing the force of impact.



- The space maintained between the shell and the head (minimum of 1 1/4 inch) by the suspension within the helmet minimizes the shock and prevents the shell from striking the head solidly upon impact.
- The space between the suspension and the shell on the side of the head softens the effect of lateral blows. This space should also be sufficiently ventilated.
- The bill protects the face and the outwardly curved bottom edge allows for the protection of the ears and the nape of the neck.

Supplementary hardhat equipment includes winter liners for cold, sweat bands for heat, chin straps for high wind, and sloth caps for radiation exposure. When using a face shield, welding hood or sandblasting hood, the type, which combines with the hard hat, is required. If work must be done in small areas and the hard hat will not fit, a soft cap will be an acceptable substitute, i.e., bump cap.

SIZE AND CARE:

A proper fit should allow sufficient clearance between the shell and the suspension system for ventilation and distribution of an impact. The hat should not bind, slip, fall off or irritate the skin. Periodic cleaning and inspection will extend the useful life of protective headgear. A daily inspection of the hard hat shell, suspension system and other accessories for holes, cracks, tears or other damage that might compromise the protective value of the hat. Hard hats with any of the following defects should be removed from service and replaced:

- Perforation, cracking, gouges or deformity of the brim or shell;
- Indication of exposure of the brim or shell to heat, chemicals or ultraviolet light and other radiation (in addition to a loss of surface gloss, such signs include chalking or flaking).
- Clean your hard hat and webbing regularly with soap and water to remove dust, mold, and germs.
- Always replace a hard hat if it sustains an impact, even if damage is not noticeable.