

# HEAD PROTECTION

**H**ead injuries from contact hazards, dropped objects, and electrical exposure are real hazards in your workplace. Small things, even small nickel-sized objects, can cause serious injuries to your head, face, or body. Properly wearing your hard hat can protect you from injury. Your employer will select the proper type and class of hard hats to use. If there aren't any falling object hazards, your employer might allow you to wear a bump cap. It protects your head if you bump into an object.

## WHY WEAR HEAD PROTECTION?

If your employer asks you to wear a hard hat, it's because head hazards remain after they've implemented specific engineering and safety controls to protect you. It's your employer's job to figure out what type of hard hat you need to use. It's YOUR job to follow your employer's hard hat selections and instructions.

Injuries from falling objects and electrical hazards can seriously injure or kill you. Your brain is the computer system that regulates and controls your body. If it's damaged, it can't function properly, which will affect the quality of your life. Head injuries and shock can cause disabling injuries to you. So, why wouldn't you wear a hard hat?

## DID YOU KNOW?



Per section 1910.132, *Personal Protective Equipment*, maintain your hard hat in a sanitary and reliable condition. OSHA doesn't say you can't paint or place stickers on your hard hat. But by doing so, it may be difficult to inspect it properly for dings, cracks, or other damage. OSHA says it's okay if the manufacturer allows it and if you can still inspect your hard hat properly.