



HELMETS, WEARING ONE COULD SAVE A WORKER'S LIFE

Every year, mostly in the construction industry, workers are killed or injured as a result of a head injury. If a safety helmet is worn the chances of being seriously hurt are greatly reduced. Wearing one could save a workers life.

Where there is a risk of falling objects from overhead head protection should be and in many cases required by law to be worn. Whoever is in charge of a construction site or workplace is required assurance in personnel wearing safety helmets. A posting of signs will also let anyone know that safety helmets are required in the area.

Helmets must be worn correctly and instructions on how to wear them must be known to all. Many companies supply their employees with safety helmets; if not it must be known who will provide them.

Helmets come in a variety of designs and it is important that the right type is provided for the work to be done. Contact a supply house or even contact a manufacturer directly if there is a doubt. A properly fitting safety helmet should have the right shell size for the wearer and an easily adjustable headband, nape and chin strap. The range of size adjustments should be large enough to accommodate thermal liners used in cold weather. Safety helmets should be as comfortable as possible or else the possibility of not wearing increases.

Whenever possible, the safety helmet should not hinder the work being done. Helmets removed for an instant to check a measurement can be tragic. Chin straps should be provided and used if a job involves work in windy conditions or if there is repeated bending or looking upwards. Helmets should be compatible with any other personal protective equipment such as eye protectors. The design should allow them to be worn comfortably to remain effective. The manufacturer's label will tell the compatibility of the safety helmet with other types safety equipment. Don't attempt to modify the helmet as this may weaken the helmet.

Safety helmets must be maintained to be kept in good condition. They should be stored in a safe place. Constant direct sunlight might destroy the helmet. Check the helmet for deep scratches or breaks; if severe replace the helmet. Check the manufacturer label for any replaceable parts. Painting and the placing of decals may weaken the helmet as well. The life of the helmet varies on its use; the helmet may last a week or several years. If an object has struck the helmet, replace it.

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