

# Know your hard hat

**Shell** – Deflects blows to the head. Replace a shell that shows signs of wear, scratches, gouges, or hairline cracks. Shells exposed to heat, sunlight, and chemicals can become stiff or brittle.

**Peak** – The peak should always face forward. Do not wear headwear backwards.

**Foamliner** – Provides protection for lateral or side impact.

**Adjustable headband** – Adjust the headband size so that headwear will stay on when bending over, but not so tight that it leaves a mark on the forehead.

**Crown strap suspension** – Acts as a shock absorber. Look closely for cracked or torn adjustment slots, frayed material, or other signs of wear.

**Suspension lugs** – Check the suspension lugs regularly. Long periods of normal use can damage the suspension. Perspiration and hair oils can speed up the deterioration of suspension materials.

**Chin strap** – Do not draw the chin strap over the brim or peak of the headwear.

**Rain trough** – Directs rain water to the front of the hat.

**Earmuff accessory slots**

**Reflectors** – Increases visibility. Required under the Occupational Health and Safety Regulation for traffic control. Crane operators at a building site can see the strip on the top of the hat. *The reflective decals shown are available for order from [WorkSafeBCstore.com](http://WorkSafeBCstore.com). For more information, e-mail [customer.service@worksafebcstore.com](mailto:customer.service@worksafebcstore.com) or phone 604 232-9704 (toll-free in B.C. at 1 866 319-9704).*



## Dos

- Do inspect headwear before each use.
- Do replace headwear that has been struck, even if no damage is visible.
- Do clean the suspension and shell regularly according to the manufacturer's instructions.
- Do remove and destroy any headwear if its protective abilities are in doubt.

## Don'ts

- Don't transport headwear in rear windows of vehicles.
- Don't paint the plastic shell. Paint solvents can make the plastic brittle and more susceptible to cracks.
- Don't use winter liners that contain metal or electrically conductive material under Class G or E headwear.
- Don't put anything between the suspension and the shell.

Modified from the Canadian Centre for Occupational Health and Safety web site at [www.ccohs.ca/oshanswers/prevention/ppe/headwear.html](http://www.ccohs.ca/oshanswers/prevention/ppe/headwear.html).