

# Ski helmets are required

**A new OHS Guideline explains how the existing requirement for safety headgear applies to workers who downhill ski or snowboard.**

Helmets help protect these workers from head injuries caused by falling to the ground, hitting or being hit by moving or stationary objects, and/or colliding with other individuals.

## How does the new Guideline affect employers?

As an employer, you are responsible for ensuring your workers wear helmets when engaged in downhill skiing and snowboarding as part of their duties. These workers include ski patrollers, ski instructors, or avalanche control workers who may work for ski-mountain resorts or back-country heli- or cat-skiing operations.

## What type of ski helmet must be worn?

Workers must wear safety headgear that meets the following standards:

- CE-EN1077 Helmets for alpine skiers and snowboarders – Class A or Class B
- ASTM F2040 Helmets Used for Recreational Snow Sports
- Snell RS-98 Protective Headgear for Recreational Skiing and Snowboarding

## Do workers always need to wear ski helmets when on skis or snowboards?

Yes, helmets must be worn. There are only two exceptions. Where an employer can show that a worker is not exposed to potentially harmful contacts, the worker may perform that activity without headgear. The employer must perform a thorough risk assessment to support this. Secondly, if wearing safety headgear would create a higher risk of injury than the hazard being protected against, alternative personal protective equipment must be used or other appropriate measures taken.

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**Questions?** Contact your local WorkSafeBC prevention officer at 604.276.3100 in the Lower Mainland or 1.888.621.6233 (toll-free) elsewhere in British Columbia.

### View the full guideline:

Go to [worksafebc.com](https://worksafebc.com) and search 'ski helmet requirements'.