KEEP YOUR HEAD UP, EYES OPEN AND HARD HAT ON!

The safety of workers should always be the top priority on any job site. It is critical to protect the employees in every way you can and head protection is an essential element in providing them the safety from falling debris, low-hanging objects and electrical hazards.

From the data of Center for Disease Control and Prevention, the most common causes of severe injuries to the head that leads to traumatic brain injury are falls and accidents being struck by something. A hard hat should be worn in all situations where there are head protection hazards.

Common Workplace Head Injuries:

Head injuries, even when minor, can lead to many repercussions. Some result to concussion but many times the injuries lead to full consequences that played out over a longer period of time.

Trauma to the head can cause such things as:

• Speech problems
• Loss of coordination
• Memory loss
• Headaches and nausea
• Dysfunction of the respiratory and digestive systems
• Loss of feeling and tingling in the arms and legs
• Chronic pain
• Paralysis

As a rule of thumb, hard hats should:

• Resist penetration and deflect blows to the head
• Have a suspension system that can absorb the force of impact
• Serve as an insulator against electrical shocks (when warranted)
• Be water resistant and slow burning
• Shield the scalp, face, neck, and shoulders

Remember to Keep your Head up, Eyes open and Hard Hat On!

HOW TO MEASURE YOUR HEAD FOR A PERFECT FIT?

An average head size for men is size 7 3⁄8 (using U.S. sizing), 58 cm (using European sizing) or 7 1⁄8 (using UK sizing).

The average head size for women is 7 1⁄4 (U.S. sizing). Of course, head sizes and shapes can also differ from country to country.

US	6 5⁄8	6 3⁄4	6 7⁄8	7	7 1⁄8	7 1⁄4	7 3⁄8	7 1⁄2	7 5⁄8	7 3⁄4	7 7⁄8	8
UK	6 1⁄2	6 5⁄8	6 3⁄4	6 7⁄8	7	7 1⁄8	7 1⁄4	7 3⁄8	7 1⁄2	7 5⁄8	7 3⁄4	7 7⁄8
cm	53	54	55	56	57	58	59	60	61	62	63	64
inches	20 3⁄4	21 1⁄4	21 5⁄8	22	22 1⁄2	22 3⁄4	23 1⁄4	23 5⁄8	24	24 1⁄2	24 3⁄4	25 1⁄4