

## SAFETY TRAINING TALK

Date

### TOPIC: Hard Hat or Hard Head

A good smack on the head by a piece of falling material is one way to convince a holdout that he needs a hard hat. But that's a bit drastic, and in some cases it can be permanently damaging. We would rather try and answer the arguments that men usually give when told to wear a hard hat on the job.

#### So let's look at common complaints-

##### **"It's too heavy."**

Hard hats are a few ounces heavier than a cloth cap, but the extra protection is worth the extra weight. You wouldn't hesitate to wear a baseball cap, but it won't protect you at all.

##### **"It's too hot."**

Actual measurements have shown that the temperature under a hard hat is 5 to 10 degrees cooler than the outside.

##### **"It gives me a headache."**

A thump on the head from something which has fallen two floors will give you a worse headache. However, there is no medical reason why a properly adjusted hard hat would cause a headache.

##### **"It won't stay on."**

You're right it won't. Not in high wind, anyway. But, you'll find that the hat stays put no matter how much stooping or bending you have to do - if it's fitted correctly. Many hard-hats now come with ratchet type liners that you can tighten and loosen as needed.

##### **"It's Noisy."**

That's your imagination. In fact, tests show that properly worn hard hats will shield your ears from noise.

If you stop to think about it, the hard hat is a very useful piece of safety equipment. And the minor inconveniences they may cause are far outweighed by the protection they provide.

So, in keeping with common sense, employees should wear hard hats whenever they are performing a task where they may be struck by a falling object. As we've pointed out above, hard hats are not as big of a nuisance as you think. They're just something you have to get used to; and ultimately it could save you from serious injury.

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Next take a moment to discuss any specific safety concerns you may want the team to be aware of this week. End the meeting by having everyone sign the back of this sheet.