

THAT'S WHY YOU WEAR A HARDHAT

This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation. Featured are:

INTRODUCTION: A brief description of the program and the subject that it addresses.

PROGRAM OUTLINE: Summarizes the program content. If the program outline is discussed before the video is presented, the entire program will be more meaningful and successful.

PREPARING FOR AND CONDUCTING THE PRESENTATION: These sections will help you set up the training environment, help you relate the program to site-specific incidents, and provide program objectives for focusing your presentation.

REVIEW QUESTIONS AND ANSWERS: Questions may be copied and given to participants to document how well they understood the information that was presented. Answers to the review questions are provided separately.

INTRODUCTION

Employees often work for years without incident, never thinking about hazards that could injure their heads. Then a tool falls from an upper level, a chemical splashes a co-worker's face or someone's head contacts an exposed electrical conductor and they realize *that's why you wear a hardhat*. Nearly 100,000 U.S. workers suffer serious head injuries each year, mostly due to failure to wear a hardhat, wearing the wrong hardhat or wearing a hardhat incorrectly. This video uses several injury scenarios and worker testimony to drive home the point that most head injuries can be avoided through the proper use of a hardhat.

Topics include the importance of 1) protecting the head and brain from injury, 2) always being aware of hazards to the head and 3) maintaining a proper hardhat fit.

PROGRAM OUTLINE

BACKGROUND

- More than 100,000 Americans suffer serious head injuries on the job each year.
- Many of these injuries result in permanent disabilities or death.
- Most of these injuries could be avoided with the proper use of a simple piece of equipment: a hardhat.

Properly-Fitted Hardhat Prevents Severe Head Injury

Gary was going over some conduit specifications with a subcontractor on the construction site where he worked. The next thing he remembered, he was lying on the ground and his co-workers were running around yelling. A small piece of pipe had fallen from an upper level and struck him in the head. Fortunately, his hardhat absorbed the impact of the blow and he wasn't seriously injured. The physician he visited said the accident could have been much worse if he hadn't been wearing the hat or it hadn't been adjusted properly.

Lesson:

- *Always wear your hardhat in areas where the potential for falling objects and other hazards exist. Also, a hardhat must be properly adjusted to fit your head or it won't provide adequate protection.*

Unprotected Worker Splashed With Chemical & Suffers Traumatic Facial Injuries

Derrick was a truck driver at a company that transported hazardous chemicals. He hated wearing his splash hat, a hardhat that incorporates a face shield. His father (who also worked at the company) told him the hat was made that way to protect his head, eyes and mouth. "Why do I gotta wear it if nothing ever happens?" Derrick asked. His father replied, "That's the point, you wear it in case something *does* happen." One day while Derrick was out on a pick up, he laid his hat on the truck seat while he struck up a conversation with one of his customers. Without warning, a forklift ripped open a canister of chemicals and it shot out into Derrick's face.

He suffered some horribly disfiguring facial injuries that couldn't be reversed despite six or seven surgeries to repair them.

Lesson:

- *Most head injuries occur when victims who were equipped with hard hats were not wearing them. Don't allow looks, comfort or any other excuse to keep you from wearing the appropriate hardhat for your job.*

IMPORTANCE OF PROTECTING THE HEAD

- In most accidents where head injuries occurred, victims were equipped with hardhats but not wearing them. Also, the number one cause of death among Americans under the age of 45 is trauma, and head injuries account for half of those deaths.
- Preserving the ability to see, hear, taste and smell are all good reasons to protect your head, but protecting your brain is an even better reason.
- An injury to the brain isn't like breaking an arm or leg. The brain is a delicate, sensitive thing; it doesn't respond well to force and it doesn't take much to inflict major damage.
- Bleeding in the brain is basically like suffering a major stroke—part of the brain dies and whatever part of your mind is in there generally dies with it.
- If you live, you will likely be severely disabled and someone will have to take care of you for the rest of your life.

REPLACING DEFECTIVE HATS & SUSPENSIONS

- You should check the head band and the suspension of your hardhat regularly. If there is any sign of wear or if you feel it knocking on your head and you can't adjust it, it needs to be replaced.
- The inner shell needs to be an inch to an inch and a quarter off your head. That makes it more comfortable and more importantly, takes the shock if you are struck in the head.
- When a hardhat begins to lose its shine, crack or began to flake, throw it away and get another one.

Electrician Not Wearing Hat Contacts Conductor & Is Electrocutted

Frank was a plant electrician who claimed that his hardhat got in his way, was more a hindrance than help and too hot. Besides, he considered himself a careful guy and knew how to look out for himself. He was working near an exposed electrical conductor one day when he stood up without thinking. His head made contact with the conductor, and because he wasn't wearing his electrically-rated hardhat, he took a fatal charge of electricity.

Lesson:

- *No matter how careful you think you are, you are still vulnerable to workplace hazards if you don't wear the proper protection. All it takes is a split second for you to suffer a head injury when you aren't wearing the appropriate hardhat.*

Simple Lapse Of Thought Results In Severe Head Trauma For 'The Professor'

Throughout this program, we learn many valuable lessons about hardhats from Jack. He is a 25-year plant veteran known as "the professor" because of his extensive knowledge of company procedures and his commitment to following safe work practices. After recalling Frank's electrocution to co-worker Chad, Jack spotted a repair crew installing some new chemical lines. He then noticed a steal leak.

Jack hurried toward the repair crew with Chad and another co-worker not far behind. The noise from the machinery in that area made it difficult for them to communicate. Jack pulled out his radio and tried to report the problem to maintenance. He couldn't hear his radio over the machinery and through his hardhat, so he took the hat off so he could place the radio directly against his ear. Chad thought about reminding Jack that he

needed to keep his hardhat on, but he didn't. At that point, a part involved in the repair fell off the work platform and struck Jack in the head. The severe head trauma Jack suffered from the blow resulted in permanent brain damage, from which he would never recover.

Lessons:

- *Years of experience and a perfect safety record will not protect you from workplace hazards, only following safe work practices at all times can do that. Many serious head injuries occur as the result of a simple lapse of thought, so you must always be aware of your surroundings and make sure to consider all the hazards that pose a threat to you.*
- *Don't be afraid to speak up when you see a co-worker committing an unsafe act, even if the person is more experienced or knowledgeable than you. Keep in mind he or she may be undergoing that one "simple lapse of thought," and that's all it takes for a permanently disabling head injury to occur. Chad would later say, "I feel like it's my fault, like I should have said something. Not a day goes by that I wish I had that call to make all over again."*

PREPARE FOR THE SAFETY MEETING OR TRAINING SESSION

Review each section of this Leader's Guide as well as the videotape. Here are a few suggestions for using the program:

Make everyone aware of the importance the company places on health and safety and how each person must be an active member of the safety team.

Introduce the videotape program. Play the videotape without interruption. Review the program content by presenting the information in the program outline.

Copy the review questions included in this Leader's Guide and ask each participant to complete them.

Make an attendance record and have each participant sign the form. Maintain the attendance record and each participant's test paper as written documentation of the training performed.

Here are some suggestions for preparing your videotape equipment and the room or area you use:

Check the room or area for quietness, adequate ventilation and temperature, lighting and unobstructed access.

Check the seating arrangement and the audiovisual equipment to ensure that all participants will be able to see and hear the videotape program.

Place or secure extension cords to prevent them from becoming a tripping hazard.

CONDUCTING THE PRESENTATION

Begin the meeting by welcoming the participants. Introduce yourself and give each person the opportunity to become acquainted if there are new people joining the training session.

Explain that the primary purpose of the program is to illustrate the traumatic consequences of workplace head injuries and how most of these injuries can be prevented through the proper use of a hardhat.

Introduce the videotape program. Play the videotape without interruption. Review the program content by presenting the information in the program outline.

Lead discussions about specific hazards that could cause head injuries at your facility and the types of hardhats available to employees to protect them from these hazards. Use the review questions to check how well the program participants understood the information.

After watching the videotape program, the viewer will be able to explain the following:

- Why it is so important to protect your head and brain from injury;
- The importance of inspecting and replacing hardhats and their parts;
- Why we must always be wary of hazards to our heads and wear the appropriate hardhat for protection.

THAT'S WHY YOU WEAR A HARDHAT
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to check how well you understand the information presented during this program.

1. Nearly _____ American workers suffer serious head injuries on the job each year.
 - a. 1,000
 - b. 10,000
 - c. 100,000

2. Most on-the-job head injuries could be prevented by wearing a hardhat.
 - a. true
 - b. false

3. Most workplace head injuries occur when employees equipped with hardhats _____.
 - a. don't wear them
 - b. wear the wrong ones
 - c. wear them improperly

4. All hardhats provide protection from electrical shock.
 - a. true
 - b. false

5. When wearing your hardhat, its inner shell should be _____ off of your head.
 - a. $\frac{1}{2}$ to $\frac{3}{4}$ inch
 - b. 1 to $1\frac{1}{4}$ inches
 - c. 2 to $2\frac{1}{4}$ inches

6. You should throw away any hardhat that cracks or begins to flake.
 - a. true
 - b. false

7. An injury to your brain is much like breaking an arm or a leg.
 - a. true
 - b. false

ANSWERS TO THE REVIEW QUESTIONS

1. c

2. b

3. a

4. b

5. b

6. a

7. b