



# HELMET SAFETY

## Sometimes it's OK to be a "Hard Head"



*Injuries to the head are common in the workplace, accounting for approximately 10% of all occupational injuries. In the United States, more than 120,000 disabling injuries to the head occur each year. Most employees who received head injuries were not wearing head protection nor was it required by their employers.*

*OSHA requires occupational head protection in any area of the workplace that presents a risk of head injury. The purpose of head protection is to protect the head from the shock of falling objects, penetration by sharp instruments, high acceleration impact with stationary objects and exposure to electrical conductors.*

The guide below describes some of the situation when head protection should or will be worn:

### 1. When mandated by law (OSHA):

- Working beneath areas where articles are likely to fall or be dropped.
- Working at any site where new construction or renovation is in progress.
- Working in low or confined areas where workers are likely to bump their heads.

### 2. When required by regulation / policy (ARMY):

- When participating in activities that require protective headgear. Some situations include, flying in rotor wing aircraft, conducting weapons training and live-fire exercises, driving a motorcycle or riding a bicycle on military installations.

### 3. When highly advised for personal protection (OFF-DUTY ACTIVITIES):

- Riding bicycles off-post, using roller blades or participating in contact sports.

Supervisors are responsible for ensuring that their employees utilize the appropriate head protection while on the job. Employer-provided head protection must be reasonably comfortable, maintained in good repair, be clean and durable and fit properly.

Don't let this be the last thing your friends remember about you!



**233rd  
Safety  
Gram**

“Remain conscious of Safety by avoiding head injuries”

Tips from your BSB Safety Office.

YOUR COMMUNITY CONNECTION TO SAFETY

