



Training Solutions, Delivered!

THAT'S WHY YOU WEAR A HARDHAT

**Leader's Guide, Fact Sheet
& Quiz**

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

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

3260 THAT'S WHY YOU WEAR A HARDHAT FACT SHEET

LENGTH: 13 MINUTES

PROGRAM SYNOPSIS:

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 OBJECTIVES:

After watching the program, the participant 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.

INSTRUCTIONAL CONTENT:

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.
- Keep in mind that you should not apply decals and stickers to your hardhat. They prevent you from seeing defects on the hat.

Electrician Not Wearing Hat Contacts Conductor & Is Electrocuted

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."***

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ANSWERS TO THE REVIEW QUIZ

1. c

2. b

3. a

4. b

5. b

6. a

7. b

THAT'S WHY YOU WEAR A HARDHAT
REVIEW QUIZ

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

Name _____ Date _____

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