Toolbox KITS

HEAD PROTECTION TRAINING

Head protection training

Hard hats and helmets for falling objects, impact and electrical hazards

Based on 29 CFR 1926.100, 29 CFR 1910.135 and 29 CFR 1910.132

About 35 minutes, with a 10-question quiz

29 slides | About 35 minutes | 10-question quiz | English + Spanish



SAMPLE

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MODULE 1

The hazard: what can hit your head

- Falling objects
- Tools, bolts and fittings
- Debris from above
- Materials dropped from a lift or scaffold

- Other head hazards
- Bumping into beams, pipes and equipment
- Flying objects from tools
- Exposed electrical conductors
- Swinging loads

SAMPLE

Toolbox KITS

Crew handout

Head protection: right hat, right fit, right shape

29 CFR 1926.100, 1910.132, 1910.135

Do

- Wear head protection where there is a danger of falling or flying objects, impact or electrical shock
- Put it on before you enter the area and keep it on
- Check the label for the type and standard
- Use an electrical-rated helmet near exposed conductors
- Adjust the fit so the hat sits level and does not slide
- Inspect before each use
- Replace a damaged hat or one that took a heavy hit
- Store it away from sun, heat and chemicals

Don't

- Do not use a bump cap where objects can fall
- Do not drill, paint or stick things on the shell unless the manufacturer says it is okay
- Do not leave your hard hat on a hot dashboard
- Do not use a cracked, chalky or worn hat
- Do not work under overhead work without head protection

SAMPLE

Remember **A hat only protects if it is the right type, fits and is in good shape.**

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