



## Remembering to Bring Your Gear

Please read then complete this handout. **There are two sections for you to answer, one on being prepared and one on hardhats.**

Bringing proper and required gear (hard hat, safety glasses, gloves and boots) on our field trips and jobsite day is good practice for when you'll be expected to bring these things to your future jobsite. In most cases, having your gear is about keeping you safe and consequently, if you don't have it, you might be asked to go home and get it. This can mean missing work and that's time that you won't get paid for.

It can also send a signal to your employer that you are not a prepared employee and affect their trust in you to get the job done. In an industry where lay offs are common, this can also mean that you get laid off.

So if remembering to bring your gear is important both now and in the future, what can you do to remember to bring it? Here are some ideas:

- Create a checklist for what you need and put it someplace you know you'll see it before you leave the house.
- Create a "staging area" by your door where you set out all the things you'll need for the next day.
- Drop your keys in your boots or hardhat so you have to see them before you leave.
- If you drive, leave gear in your car so it's already with you.

What are two consequences of not having your gear?

1.

2.



What are two things you can personally do to remember to bring your stuff? Use one of the examples above and then think of your own.

1.

2.

### **Hard Hats: How They Protect You:**

Hard hats protect you by providing the following features:

- A rigid shell that resists and deflects blows to the head.
- A suspension system inside the hat that acts as a shock absorber.
- Some hats serve as an insulator against electrical shocks.
- Shields your scalp, face, neck, and shoulders against splashes, spills, and drips.
- Some hard hats can be modified so you can add face shields, goggles, hoods, or hearing protection to them

Injuries to the head are very serious so use your head and wear your hard hat. It might just save your life today...

### Head Protection Survey

Prevention of head injuries is an important factor in every safety program. A single injury can handicap an employee for life, or it can be fatal. A survey by the Bureau of Labor Statistics (BLS) of accidents and injuries noted that most workers who suffered impact injuries to the head were not wearing head protection. The majority of workers were injured while performing their normal jobs at their regular worksites.

The survey showed that in most instances where head injuries occurred employers had not required their employees to wear head protection. Of those workers wearing hard hats, all but five percent indicated that they were required by their employers to wear them. It was found that the vast majority of those who wore hard hats all or most of the time at work believed that hard hats were practical for their jobs.





The BLS survey noted that more than one-half of the workers were struck on the head while they were looking down and almost three-tenths were looking straight ahead. While a third of the unprotected workers were injured when bumping into stationary objects, such actions injured only one-eighth of hard hat wearers. Elimination or control of a hazard leading to an accident should, of course, be given first consideration, but many accident-causing head injuries are of a type difficult to anticipate and control. Where these conditions exist, head protection must be worn to eliminate injury!

## Questions about Hard Hats

1. Hard hats have a \_\_\_\_\_ system that acts as a shock absorber for your head.
2. What are some of the things that can be added to some hard hats? Two examples: \_\_\_\_\_
3. A BLS survey showed that most workers who suffered impact injuries to the head were \_\_\_\_\_.
4. Accident-causing head injuries can be difficult to \_\_\_\_\_.