

Jobsite: \_\_\_\_\_  
 Foreman: \_\_\_\_\_

Date: \_\_\_\_\_  
 G.C. \_\_\_\_\_

**SMOHIT Safety Sense**

**Toolbox Talks for the Sheet Metal Industry**

**Hard Hats**

- All employers and insurance companies dealing with the construction industry insist that workers wear hard hats.
- Hard hats are designed to absorb the shock of falling objects. As an object falls it picks up speed and force. Even small objects, such as bolts and washers can cause serious injury, brain damage or death if it strikes your unprotected head.
- Hard hats prevent the concentration of force of a falling object to one spot by distributing the force throughout the head, neck, shoulders and spine.
- A falling object can be any object (tools, materials or debris) that falls from a significant elevation such as the edge of a roof, a scaffold platform, a floor opening, etc.
- Other potential sources of head injuries include being struck by co-workers carrying materials or backing up into stationary objects like pipes, ductwork or heavy equipment. Hard hats also provide protection from electrical shock like you may find in a ceiling.
- Many workers believe that wearing hard hats makes them too hot. Actually hard hats keep your head cooler than the outside air. Tests performed at 110° showed that the temperature inside the hat was 5° to 12° cooler than the outside air.
- Never drill holes in your hard hat. A single hole could weaken it and render the hat useless. Also, don't alter the suspension. It is built to protect you.
- Do not paint your hard hat. Paint could cover up defects and weakens the hat.
- Stickers may be placed on hard hats as long as they're approved for hard hats. The adhesives on some stickers could weaken hard hats.
- Inspect your hard hat, inside and out, everyday before you wear it. If the hard hat has even the smallest defect, discard it and get a new one.

**Instructor Tips**

- **Demonstrate the proper fit, adjustment and wearing of hard hats.**
- **Strike a hard hat with a hammer to demonstrate protection.**
- **Make sure workers know how to keep hard hats clean, the webbing in repair and never sit or abuse them.**
- **Point out that hard hats worn backwards do not provide deflective protection and are a violation of OSHA regulations.**

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