

FSIS Employee Training

Head Protection - Hard Hats

INSTRUCTIONS

This document provides training on Personal Protective Equipment (PPE) for head protection as required by Occupational Safety and Health Administration (OSHA) regulation 29 CFR 1910.132, PPE General Requirements and 29 CFR 1910.135, Head Protection. After reading, and prior to performing work that requires this type of PPE, your supervisor may ask you to demonstrate your understanding of the information in this handout, such as your ability to properly use the PPE. You must also follow any specific manufacturer instructions on the use and care of the PPE.

PPE SELECTION

- Hard hats (protective helmets) must be worn by all employees at all establishments to protect against hazards to the head such as impact and falling objects. These include but are not limited to carcasses, shackles, light fixtures, and low, or overhead equipment.
- FSIS employees must wear hard hats that are provided and approved by the Agency. Agency supplied hard hats comply with American National Standards Institute (ANSI) standards.
- FSIS provides ANSI Type 1, Class E hard hats that protect against impact and penetration from falling objects, reduce shock to the neck and spine, and are designed to reduce the danger of exposure to high voltage electric shock.
- Three types of hard hats are available and can be used in all circumstances:
 - Standard
 - Lightweight: To increase comfort when worn for long periods of time
 - Vented: To increase comfort in warmer environments
- A bump cap is NOT a hard hat and is NOT approved for use.



WHERE/WHEN

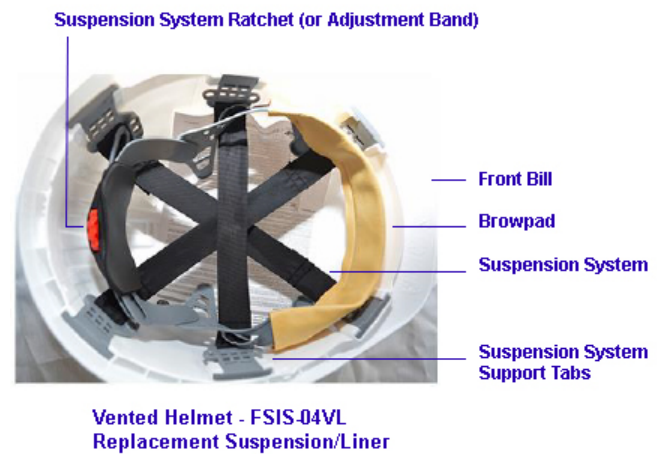
Hard hats must be worn in all areas of the establishment, except the USDA office and break rooms.

PROPER USE

- To install the suspension system liner in the hard hat, follow the manufacturer instructions. If instructions are not provided, follow these general steps:
 - Step 1: Turn hard hat upside down and place the suspension system into the hard hat with the brow pad to the front of the hard hat and the ratchet or adjustment mechanism to the back of the hard hat.
 - Step 2: Loosen the suspension system ratchet or adjustment band.
 - Step 3: Insert one of the suspension support tabs into the appropriate hard hat slot. Press the tab firmly into place until it clicks. Repeat until all tabs are secured in place.

PROPER USE (CONTINUED)

- The suspension system must be made by the same manufacturer as the helmet and designed for the correct model.
- Prior to putting on a hard hat, remove any other headwear except hair nets which are specifically approved for use. For example, do not wear a knit cap under your hard hat for warmth. Instead, use a hard hat winter liner available from FSIS.
- To obtain a proper fit, place the hard hat on your head with the bill of the hat facing forward. Push down on top until a comfortable wearing height is reached and the head is cradled by the suspension system. Tighten the hard hat until it is snug making sure that it will not fall off if you bend over, or shift when you move your head.

**LIMITATIONS**

- Hard hats provide limited protection and do not protect against very heavy objects such as equipment supported by a crane and high velocity moving objects such as bullets.
- Type 1, Class E hard hats protect the top of the head only. They do not protect against front, side, or rear impacts.

CARE AND MAINTENANCE

- Maintain the hard hat in a sanitary and reliable condition.
- At the end of the shift, clean the hard hat with mild soap and water. Rinse and wipe dry.
- Store the hard hat in a clean, dry environment away from direct sunlight.
- Inspect the hard hat prior to each use. Check for deformed or cracked brims and shells, torn or deteriorated suspension straps, plastic degradation (flaking or loss of surface gloss), and any other damage.
- Replace the hard hat immediately at the first sign of deterioration or wear (e.g., dents, cracks or material fatigue), or if the hard hat has sustained a severe impact, even if no damage is obvious.
- To dispose of a hard hat, use a marker and write on it "DO NOT USE. OUT OF SERVICE." Dispose of the hard hat in the regular trash.
- At a minimum, replace the suspension every 12 months and the hard hat every 2 – 5 years.
- Do not apply solvents or chemicals to the hard hat. This can degrade the hard hat's plastic.
- Do not alter, cut, drill, puncture, or modify the hard hat or the suspension. This can affect the integrity and strength of the hard hat.
- Do not put stickers on the hard hat. Stickers limit the ability to inspect the hard hat for cracks and defects.

FSIS PPE ORDERING INFORMATION

- FSIS catalog numbers:
 - Standard: FSIS-04H (suspension liner FSIS-04HL)
 - Lightweight: FSIS-61 (suspension liner FSIS-61L)
 - Vented: FSIS-04V (suspension liner FSIS-04VL)
 - Replacement for hard hat suspension liner (brow pad): FSIS-04H-Sweat
 - Helmet winter liners: FSIS-04WL

QUESTIONS?

For more information on this topic, please contact your Occupational Safety and Health Specialist. Contact information can be found on the FSIS Safety site at www.tinyurl.com/FSIS-ESHG.