

PERSONAL PROTECTIVE EQUIPMENT: HARD HAT DOS & DON'TS

Hard hats are designed to protect the head from potential injuries or hazards. The type of hard hat required will vary based on the type work being performed and the hazards present. Proper maintenance of hard hats is critically important to preserve their effectiveness and keep the head, and often the brain, safe from injury.

THE USE AND CARE OF YOUR HARD HAT:

- DOS AND DON'TS



BC Forest Safety

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THE DO'S FOR USE AND CARE OF YOUR HARD HAT:

- **DO CLEAN** your hard hat as needed, using mild soap and water or a cleaning solution recommended by the manufacturer.
- **DO STORE** your hard hat as recommended by the manufacturer. Keep it out of direct sunlight (such as the dash of your car) and out of areas with high heat (such as the car trunk) while you're off the job.
- **DO INSPECT** your hard hat shell and suspension every day for damage and deterioration before use and after any event that may affect its integrity (such as being struck by a falling object).
- **DO REPLACE** your hard hat shell or suspension if it shows any signs of damage or deterioration.
- **DO USE** only manufacturer approved accessories for your hard hat.

THE DON'TS FOR USE AND CARE OF YOUR HARD HAT:

- **DO NOT PAINT** your hard hat. Manufacturers advise against painting hard hats as it can denigrate and compromise their durability and increase the likelihood of it breaking.
- **DO NOT USE SOLVENTS** to clean your hard hat. Solvents, similar to paints, can weaken a hard hat's material and impact its protective strength.
- **DO NOT ALTER OR MODIFY** your hard hat. Alterations, such as drilling holes or adding screws for attachments, can diminish the integrity of the hard hat and pose a risk of electrical conduction.
- **DO NOT WEAR YOUR HARD HAT BACKWARDS.** Only do so if it is expressly permitted by both the hard hat manufacturer and your employer.
- **DO NOT WEAR A HAT BENEATH YOUR HARD HAT.** Items like baseball caps or toques can impact the proper fit and interfere with the suspension and shell. If working in cold conditions, use only manufacturer-approved liners.

REMEMBER

YOUR HARD HAT CAN ONLY PROTECT YOU IF YOU WEAR IT!
PLEASE TAKE CARE OF YOUR HARD HAT SO IT CAN TAKE CARE OF YOU.

Resource: [CCOHS – Personal Protective Equipment](#)



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