

September 20, 2006

Heads Up!

Why is Head Protection so Important? Because your head is such an important and delicate part of your body.

In and around your head are:

- Your eyes, with which you see;
- Your ears, with which you hear;
- Your nose, with which you smell;
- Your mouth, with which you eat and speak; and
- Your brain, with which you think.

Impact and penetration injuries to the head can be painful and very serious. Every year construction workers are injured and killed because of head injuries. These injuries are commonly caused by falling or flying objects, or by striking the head against a fixed object. By using a hard hat you can protect your head from these types of injuries. Hard hats resist penetration and resist the shock of a blow. They can also provide some protection from electrical shock.

When you conduct work on the job or at home carefully evaluate the project and the potential hazards. When a head injury hazard exists wear your hard hat to protect this very delicate part of your body.

Many people are treated each year for injuries to the head. The pain and the consequences of not protecting your head (loss time out of work, missed family time, expenses) can be avoided by using caution and common sense.