



# TOOLBOX TALK: TYPE 2 HARD HATS

Hard hats are a crucial piece of personal protective equipment (PPE) that protect workers from head injuries. Type 2 hard hats offer enhanced protection from both top and lateral impacts, making them essential in many hazardous work environments.

## What is a Type 2 Hard Hat?

- Designed to protect against impacts from above (like falling objects) and lateral impacts (from the side, front, or back).
- Typically equipped with an inner foam liner for added shock absorption.
- Required in work environments where there is a risk of head injuries from side impacts, such as construction sites, industrial settings, and manufacturing plants.

## Why It's Important:

- Head injuries can be life-threatening or cause long-term disability.
- Type 2 hard hats provide superior protection compared to Type 1, which only guards against top impacts.
- Wearing a properly fitted and maintained hard hat reduces the risk of severe injury.

## Proper Use & Inspection:

- **Fit:** Adjust suspension so the hat sits snugly and comfortably on your head.
- **Wear It Correctly:** The brim should face forward unless otherwise specified.
- **Inspect Daily:** Check for cracks, dents, or wear in the shell and suspension system.
- **Replace If Damaged:** If a hard hat sustains an impact, replace it immediately, even if no visible damage is present.
- **Lifespan:** Follow manufacturer guidelines; most hard hats should be replaced every 5 years or sooner if exposed to extreme conditions.

## Common Mistakes to Avoid:

- Do not modify or drill holes into the hard hat.
- Do not wear a baseball cap under your hard hat.
- Do not leave your hard hat in direct sunlight for extended periods, as UV exposure can degrade the material.
- Do not store objects (like pens or tools) between the suspension and the shell.

**Final Reminder:** Your hard hat is your first line of defense against serious head injuries.

Wear it properly, inspect it regularly, and replace it when necessary. Stay safe, stay protected!