

Safety helmets are designed to help protect workers from head injuries caused by falling objects, struck-by hazards, bumps, slips, trips, and falls.

- Unlike traditional hard hats, many safety helmets are designed to provide additional protection and include a chin strap to help keep the helmet in place during movement or an incident.

Some safety helmets are designed to work with add-on equipment such as:

- Face shields or eye protection
- Hearing protection like safety earmuffs
- Communication systems
- High-visibility or task-specific accessories

Only use accessories that are approved or compatible with the helmet model being worn.



A safety helmet only works when it is worn correctly. Before starting work:

- Make sure any face shields, hearing protection, or other accessories are properly attached.
- Adjust the fit so the helmet feels secure and comfortable without being too tight.
- Wear the chin strap correctly and tighten it according to manufacturer instructions. A loose or unused chin strap may allow the helmet to shift or come off during a slip, trip, fall, or sudden movement.
- Make sure the helmet sits level on the head and does not tilt too far forward or backward. It should not move excessively when you turn or shake your head.
- Do not wear items under the helmet that affect fit or positioning unless allowed by the manufacturer.
- Do not use the helmet if it cannot be adjusted to fit properly.

- Inspect your safety helmet before each use. Even small damage can reduce how well it protects you.
- If the helmet has experienced a significant impact, was involved in an incident, or shows signs of damage, remove it from service and follow manufacturer guidance.
- Store your safety helmet in a cool, dry location away from direct sunlight, excessive heat, or chemicals. Do not leave it in vehicles where temperatures can become extreme. Long-term exposure to sunlight and extreme temperatures can weaken helmet materials.
- Follow the manufacturer's recommendations for inspection, replacement parts, and service life.
- If your work involves electrical hazards, make sure the helmet is rated for that type of work and that any accessories used do not affect electrical protection.
- Do not drill holes, modify the helmet, or apply paints, solvents, or stickers unless permitted by the manufacturer.

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