

# Hard hats:

## What you need to know as a busy builder

Want to avoid being dealt a knockout blow? Use your head and wear your hard hat. These are the essential health and safety tips you should follow, even if you don't directly employ the people working on your site.

It is important that you:

- Provide hard hats for your workers (and any visitors to your site).

Hard hats should:

- be in good condition. If it's damaged, throw it away;
  - fit the person wearing it and be worn properly;
  - not stop you wearing hearing protectors as well (when needed);
  - only be obtained from a reputable supplier – there are fake hard hats on the market.
- Make sure that hard hats are worn:
    - by making it a site rule;
    - always wearing your hard hat to set an example;
    - checking others are wearing theirs.

### Good example



Hard hat (with fitted ear protectors)

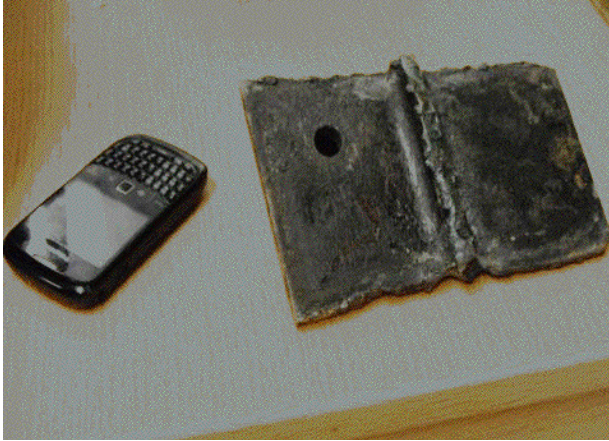


Hard hats  
must be worn

### What can happen if health and safety is ignored?

*A 61-year-old worker suffered severe brain and spinal injuries after a 14ft fixed box pillar he was removing fell on his head. The worker was not wearing a hard hat. He was in hospital for more than 6 months and is now permanently disabled and has difficulty speaking and moving. He is unable to work and requires full-time care due to the severity of his head injuries. The incident could very well have led to his death. The company was fined £14,000 and ordered to pay prosecution costs of £6808.*

## Another worker used his head and wore his hard hat – without it he could be dead



A worker was injured when a piece of metal (see photograph above) fell from height during demolition work. The metal bounced off the worker's hard hat (see photograph right) and broke his shoulder/collar bone in several places. He could easily have been killed if he hadn't been wearing his hard hat.



### Further information

Further information about managing risks to health and safety on construction sites, such as the risk of head injury, can be found in:

- *The absolutely essential health and safety toolkit for the smaller construction contractor* Leaflet INDG344(rev2) HSE Books 2008 [www.hse.gov.uk/pubns/indg344.htm](http://www.hse.gov.uk/pubns/indg344.htm)
- FAQs – Personal protective equipment [www.hse.gov.uk/construction/faq-ppe.htm](http://www.hse.gov.uk/construction/faq-ppe.htm)
- *Running a small construction site What you should know as a busy builder* Construction Information Sheet CIS63 HSE Books 2010 [www.hse.gov.uk/pubns/site1.pdf](http://www.hse.gov.uk/pubns/site1.pdf)
- *Roof repair work: What you need to know as a busy builder* Construction Information Sheet CIS60 HSE Books 2010 [www.hse.gov.uk/pubns/site3.pdf](http://www.hse.gov.uk/pubns/site3.pdf)

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The Working Well Together campaign aims to improve health and safety in the construction industry, particularly in small and micro businesses. For more information visit [www.wwt.uk.com](http://www.wwt.uk.com)

