APPENDIX 5 HEAD

At the College there are a number of areas where head protection may be required, either from falling objects, being struck by moving objects at head height or from obstructions at head height. These include:

- Estates—Facilities Management and Construction because of falling objects in construction and demolition areas.
- In the Faculties of Engineering and Natural Sciences — objects falling including from scaffolds, lifting equipment, plant and construction activities, or during fieldwork from rock faces, trees etc.
- Estates Facilities Management, ICT and Engineering departments—visits to areas such as plant rooms where there may be obstructions at head height.
- Stores and other areas on split levels and/or where there are difficult, low or awkward access arrangement, such as head-height obstructions and/or and items stored above head height.

TYPES OF HEAD PROTECTION

There are several types of head protection available—those relevant to College activities are:

- Industrial safety helmets (protection from falling and fixed objects).
- Climbing helmets (for construction and maintenance).
- Bump caps (protection only from impact from obstructions and from scalping).
- Leisure helmets (but only when used by College Sports Instructors in the course of their employment).
- Transport helmets (crash helmets for bicycles and motorbikes), are only covered by this CoP if used in off-road situations in the course of College employment, as the Road Traffic Act covers these for use on the roads.

Turban-wearing Sikhs are not required to wear additional head protection on a construction site as the turban should provide sufficient protection; in all other instances at the College, this would be subject to risk assessment—and reasonable adjustment made.

Further information at: www.hse.gov.uk/construction/faq-ppe.htm

INDUSTRIAL SAFETY HELMETS—DOS AND DON'TS

- **Do NOT customise your safety helmet** as the plastic shell may be damaged or weakened by solvent-based marker pens and labels, scratches, holes etc.
- **DO clean it** wiping inside with soapy water and a damp cloth (never solvents or abrasives) and replace sweatbands on occasion.
- **DO inspect it regularly** for deep scratches, gouges, dents or cracks, and damage or deformation of the harness —these can weaken the structure of the shell.
- **DO discard it if you find any damage**—or it has been involved in significant impact.
- **DO replace industrial safety helmets** three years after manufacture unless otherwise stated by the manufacturer (more or less frequently).
- **DO ensure your helmet fits comfortably—**not too snug to be uncomfortable or too loose when it will not provide effective protection.
- **DO use and adjust the chinstrap** if there is one fitted as it will help prevent the hat from being knocked off.
- **DO adjust the head harness** to help ensure the helmet fits correctly on the head— the

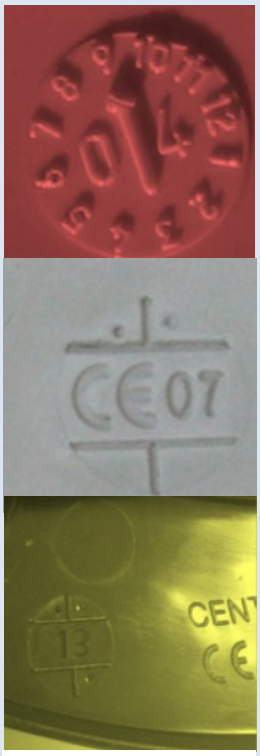
brim should be level when the head is upright.

- **DO NOT wear the helmet so that the brim slopes up or down or is back to front** as this will significantly reduce the protection it can provide (applies to bump caps too).
- **DO REMEMBER—** a bump cap will not protect you against falling objects.
- **DO purchase only from a reputable supplier** as there are fakes in circulation.

STORAGE OF INDUSTRIAL SAFETY HELMETS

Because exposure to light and UV degrades the plastic and weakens the helmet structure, it is import to reduce the amount of time the helmet is exposed to UV. Therefore helmets should ideally be stored in the darkness of a locker or box, and not on the parcel shelf of a car or on a window sill, where they could also be knocked and damaged.

They are also weakened by solvents and harsh chemicals, so should be stored away from these too.



Date stamps on safety helmets—see Info Box

STANDARDS AND VARIATIONS

The main BS EN standards:

• Industrial safety helmets.	BS EN 397: 1995
• Industrial bump caps.	BS EN 812: 1998
• Electricians safety helmets (1000 volts AC).	BS EN 397 and EN 50365
• Climbing helmets (climbing).	BS EN 397 and EN 12492

BS EN 397: covers the following

- Shock absorption.
- Resistance to penetration.
- Flame resistance.
- Chinstrap anchorage.

There are additional properties and variations available (check the manufacturers' catalogues), so helmets will be marked accordingly (see table below):

Table showing additional properties and design variations of industrial safety helmets	
-20°/-30°C	Some protection when worn in an environment at or above this temperature
-40°C	Ultra-low temperature (outside of EN 397)
440V ac	Protection against short term, accidental contact with live electrical conductors up to this voltage
LD	Some protection from lateral compressive loads
MM	Passed the molten metal splash test
F	Flame resistant
Variations	Reduced peak length for better upwards visibility
	Built-in UV sensor, a red dot that slowly turns white as the plastic in the helmet becomes degraded by UV.
	Vented or unvented
	Different weights
	Adaptations for visors, ear defenders and lamp attachment
	Different ranges of adjustability of head harness (eg 51-61 cm)
	Date of manufacture label stamped onto harness
	Variety of sweat bands
	Fleece helmet liners
	Face warmers
	Sun capes
	Labels with special glues stating first aider

INFO BOX

Helmets are now manufactured with the year and month of manufacture stamped onto the inside of the shell somewhere near the peak. There are a few variations in the date stamp. In the examples in the left margin, the arrow in the **first image** points to the month (9 = September) and the year of manufacture (04) is over the arrow – in other words the helmet was manufactured in September 2004.

The other images show similar dating systems – in the **middle image** the 07 represents the year 2007; in the **bottom image**, the year 2013. Both show 4 segments - 2 at the top and 2 at the bottom. These represent the 4 quarters of the year. In the first, the top two segments have dots in them, so it was manufactured in the second quarter of the year - April to June 2007.

When was the bottom one made (it has three dots in it)?