

A head injury can have serious consequences—loss of consciousness, fractures, brain trauma, coma, or even death. That’s why wearing a CSA-approved hard hat and understanding how to select, maintain, and inspect it is critical to your safety.



A hard hat isn’t just a piece of equipment—it’s a vital layer of protection that must be used correctly and cared for consistently.

Choosing the Right Hard Hat

Not all hard hats offer the same level of protection. It’s important to know the type and class of the hard hat you’re using.

Types of Impact Protection

- Type 1: Designed to protect the top (crown) of the head from impact and penetration.
- Type 2: Provides protection to the top and sides of the head.

Classes of Dielectric (Electrical) Protection

- Class C (Conductive): No electrical protection.
- Class G (General): Tested to withstand up to 2,200 volts.
- Class E (Electrical): Tested to withstand up to 20,000 volts.

How to Wear It Right

All CSA-approved hard hats must be permanently labeled with:

- Manufacturer identity
- Model designation
- Type of impact protection
- Month and year of manufacture
- Size or size range
- Reverse orientation performance mark.

Face forward—CSA standards require hard hats to be worn with the brim facing forward. If extra warmth or comfort is needed, use only CSA-approved liners that are designed to fit under the hard hat without affecting its protective features.

Do not wear hoodies, ball caps, or other unapproved items underneath a hard hat. These can interfere with the fit, restrict vision, and create hazards, especially near moving equipment or low-clearance spaces.

Decorating with stickers? While stickers don’t weaken the shell, they can hide cracks or other damage. Keep them to a minimum so the surface can be fully inspected.



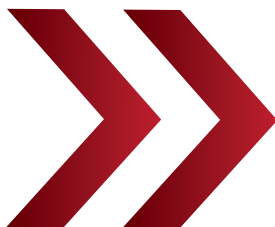
Care and Maintenance

Everyday factors can wear down a hard hat over time. These include:

- Hair oils
- Sweat
- Dirt and dust
- Hairspray or hair treatments
- Chemical exposure
- Prolonged sunlight or heat

Regular cleaning with *mild soap and warm water* helps extend the lifespan and maintain the performance of the hard hat.

(continued)



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Inspect Before You Protect

A daily inspection is a simple habit that can prevent a serious injury. Look for:

- Cracks, dents, or cuts
- Fading or discoloration (dull, chalky, or patchy surfaces)
- Damaged or worn suspension, including twisted, frayed, or cut straps and broken clips
- Liner damage.

If any of these signs are present—or if the hard hat has taken a hard hit or has exceeded its recommended service life (usually 5 years, depending on the manufacturer)—**report it and replace it immediately.**

What About Bump Caps?

Bump caps may look similar, but they are not designed for impact protection. They lack the suspension system that allows for shock absorption and are not CSA- or ANSI-approved for protection against falling or flying objects. Bump caps are only intended for environments with low overhead clearance and do not provide adequate protection in the event of impact.

Final Word

A hard hat may seem like a small thing—but it can make a life-saving difference. Choosing the right type, using it correctly, and taking proper care of it ensures that it can do its job when it's needed most.

Inspect it. Clean it. Respect it.

Because protecting your head is protecting your future.

Regulatory References

Canada Occupational Health and Safety Regulations

- [PART XII Protection Equipment and Other Preventive Measures](#)

Workplace Safety And Health Regulation

- [PART 6 PERSONAL PROTECTIVE EQUIPMENT](#)
- (starts on page 125)

Need more help? RPM can help!



[Safety for Supervisors](#)

The objective of this course is to ensure supervisors are provided with information, tools and resources to effectively perform their safety and health roles and responsibilities.



[Emergency 1st Aid: CPR: Level C & AED](#)

This first-aid and cardiopulmonary resuscitation (CPR) course provides the skills needed to recognize and respond to cardiovascular emergencies and choking for Adults, Children and Infants. This course, is provided by RPM Safety and is suitable for workplace requirements.



[Incident Reporting and Investigations](#)

A workplace must have a process to report workplace related injuries, illnesses and dangerous occurrences. Upon receipt of these reports, a process must also be in place to ensure investigations are completed to prevent re-occurrence.



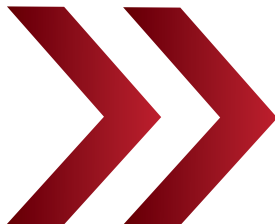
[Hazard Identification & Risk Control](#)

Recognizing what could injure workers on the job is the first step to ensuring that they stay safe. A proactive approach to the mitigation of workplace hazards greatly increases the chance of less severe and lower rates of injury. This course will provide students with the practical knowledge necessary to identify, assess and control the hazardous elements of their workplace so they can do their part in preventing dangerous incidents.



[Workplace Inspection Training](#)

Workplace Inspection Training will give people the opportunity to explain the requirements and the purpose(s) of a workplace inspection, know what to look for and how to identify a hazard, the process of what to do when there are inspection findings, and understand the process for implementing corrective actions and how to monitor and identify trends.



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