

Safe Working

Head Protection

Take Care of Yourself

- Do not enter zones where work is being carried out at height, unless this is necessary for the execution of the work.
- Wear a safety helmet in locations where there is a risk of falling objects or head impact.
- Wear the helmet consistently and correctly; when in doubt, wear the helmet.
- Ensure the safety helmet is properly adjusted and in good condition.

When to Wear a Helmet?



Wear a helmet when there is a risk of impact.



When work is being carried out above you, or in an area where lifting is taking place within a radius of 10 metres.



In tents, halls and on/near stages when work is being carried out at height.



When loading and unloading when cargo is above your head.

Which Helmet Is Suitable?



Construction helmet
Has a brim, which may be short or long.



Climbing helmet has no brim, which is practical for visibility when hoisting. The chin strap ensures the helmet does not fall off during climbing.



Construction helmet with visor and hearing protection protects your face and/or hearing, such as when using chainsaws or slot milling machines.



Bump cap protects against bumping your head, but may only be used when there is no mandatory helmet requirement.

Taking Care of Your Helmet

Before using the helmet

- Check that the inner lining is correctly attached.
- Inspect the helmet for damage such as cracks, dents or holes.
- Check that the helmet has been inspected and has not exceeded its maximum service life.

Wearing the helmet

- Adjust the helmet correctly; it must sit firmly without being too tight.
- Do not wear a cap or other objects under the helmet that could affect its performance.
- Wear the helmet correctly (not back to front).

Storage and maintenance

- Do not apply stickers or other modifications that could weaken the helmet.
- Handle the helmet with care and do not drop it.
- Store the helmet in a dry place, away from direct sunlight and heat.
- Keep your helmet clean; clean with mild detergent.
- Replace parts, such as the sweatband, when worn or dried out.