

## ***The Right Way to Wear a Safety Helmet***

For those places with high-hazard such as construction site with potential impacts from falling or glancing objects or other industrial areas, safety helmets provide excellent head protection to wearers. A safety helmet is vital for your safety, but it only effective when it is worn properly

### **Steps how to wear a safety helmets:**

1. Put the safety helmet upside down with the front peak facing away from you.
2. Pull the suspension system out of the safety helmet to check and make sure that no webbing is wrapping around the headband. Ensure that the adjustable ratchet or tab is in the opposite direction of the front peak - that is the back of the safety helmet.
3. Install the head band. Normally, there are four self-locking clips for fastening the headband to the assigned slots of safety helmets. Install them in the right way and ensure them are aligned in the centre of your safety helmet.
4. Adjust safety helmet to make it fit. For example, you can tight the suspension if you have a smaller size or loose them if larger room is needed.
5. If you are always work above the ground, or at windy environments, then chin straps are needed to be fastened to the safety helmets to make sure that the helmet will not fall off.



#### **Note:**

Do not wear a safety helmet by turning it around backside or tilted to the side. Make sure that the helmet is always pointing to the front and placed firmly on your head.

#### **Maintenance of Safety Helmets**

Wash with Warm Soapy water	Do not use harsh solvents or cleaning agents
Use dishwashing liquid for stubborn marks	Avoid Solvents such as petrol paint adhesives
Visual Inspection weekly	Avoid rough treatment
<b>Do not place any object between shell and harness</b>	

#### **Replace When**

Following significant impact Outer shell has dents or cracking	Outer shell has excessively faded (compare to inner surface)
<b>Harness to be replaced every two years &amp; the shell every three</b>	