

ULTRA ACCESS

“Hard Hats” / Construction Safety Helmets

Why / How they work, and what types would be recommended to buy

(Keeping it simple) **Hard Hats**...

Most people know what they are (even those without much experience in the Construction sector), but does everyone know why / how they work?

Please let us explain and delve a little deeper...

Hard Hats are safety helmets, worn during standard Construction works, if deemed necessary when **Risk Assessments** are carried out - and 99% of the time they are deemed as such, being mandatory items required to be worn, safety critical pieces of **PPE**.

They protect the head from impacts - by either collisions or from things falling onto them. However, they do not provide total protection - being very effective, but not 100% preventative to injuries occurring, although they're the best solution to protecting ones head that we (currently) have available. With increases to ones safety by other measures taken to help remove other hazards from the workplace, usually uncovered at the Risk Assessment process.

Using **Leachs BIGBEN® UltraLite Vented Safety Helmet** as an example they are comprised of **5 main parts**:



- **Shell** (or Outer Layer): made from tough, impact-resistant materials (usually high-density polyethylene (HDPE), ABS plastic, or fibreglass) providing light, but durable protection from mid-level impacts.
- **Suspension System** (or Inner Harness): an interconnection of straps and bands that sit inside the shell, holding it about 25–50 mm above the head - creating a crucial “air gap” between the shell and the head, absorbing shock and preventing the shell from directly hitting the skull.
- **Chin Strap** (mandated for all high-risk tasks): which prevents the hard hat from falling off during slips, high winds, when bending over or during strenuous working activities.
- **Sweatband & Comfort Pads**: which improve comfort and performance during long term wearing, with some high-end models having moisture-wicking or antimicrobial linings to help reduce rashes from irritating the skin due to sweating.
- **Accessory Slots**: which allow attachment of other pieces of PPE including; Ear Defenders, Face Shields, Protective Visors, Head-Torches, etc without compromising safety, or comfort, which can be attached directly to the Hard Hat and used as and when required, which still keeping the helmet in place.



In short: Impacts from collisions or some (within reason) falling items are deflected by the Shell, and absorbing as much of the impact force as possible via the internal Suspension System, dispersing the now considerably less force through the neck and body to help reduce the damage taken - but **BE AWARE** - some impacts could cause death regardless, especially falling objects.

ULTRA ACCESS always recommends the best for safety, with Leachs being our go-to for scaffolding PPE and equipment.

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Scaffold Technical Support

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