



## Head Protection

In terms of the human body, the head is obviously one of the most valuable assets and is critical to protect. A head injury has the potential to change your life instantly. Don't take any risks when you are around environments that carry the risk of falling objects or other risks of head injury when you are at your place of work. Educate yourself to ensure you have the best equipment to ensure you carry out your work safely.

## European Standards

EN 397 specifies physical and performance requirements of industrial safety helmets. Certain tests are mandatory if the product is to receive EN 397 approval. These cover:

- Impact/Shock absorption
- Resistance to penetration
- Chinstrap anchorage

## Helmet Markings - What do they mean?



A manufacturer can choose to submit their products to additional optional tests. Such tests could lead to one or more of the following markings appearing on a helmet if passed:

- 20°/-30°C - The helmet will provide some protection when worn in an environment at or above this temperature.
- 40°C ultra low temperature (outside of EN 397). 150°C tested at extreme high temperature
- F - Flame resistant
- 440V AC/1000 AC - Electrical insulation - un-vented shell only
- LD - Lateral deformation
- MM - Molten Metal splash test.
- 7 or 14 - Resistant to radiant heat (kW)

## More European Standards

EN 14052 - Builds on EN 397 and is considered a high performance industrial helmet with a higher impact rating.

EN 50365 - Electrically insulating helmets for use on low voltage installations.

EN 812 - Industrial bump caps are intended to provide protection to the wearer against the effects of striking his head against hard, stationary objects with sufficient severity to cause laceration or other superficial injuries. They are not intended to provide protection against the effects of falling or thrown objects, or moving or suspended loads. NOTE An industrial bump cap should NOT be confused with an industrial safety helmet, as specified in EN 397.

EN 12492 - Helmet for Mountaineers. Requirements:

Shock absorption, vertical, frontal, lateral, dorsal

Penetration resistance

Carrier element (chin strap releases at min. 500N)

Strength of carrier element: Chin strap may exhibit maximum elongation of 25mm

Carrier element effectiveness: Helmet must not slide from the head



## Choosing the correct head protection needs to..

- Absorb the shock of a blow
- Resist penetration by objects
- Be resistant to water and burn slowly
- Come with instructions that explain how to adjust and replace the helmet's suspension and headband

## What are the differences Between Helmets

- Cradle: Helmets can have either a basic polyethylene cradle or a more comfortable textile webbing cradle
- Sweatband: A helmet can have either none, a standard or a high absorbent sweatband
- Ventilation: Some helmets are ventilated, providing cooling airflow during use
- Badging: Some helmet designs allow for a larger front badging area, for added brand visibility
- Peaks: Peak lengths can vary – a reduced peak is available for improved upward visibility
- Retro-Reflective Surfaces: Reflective surfaces that provide greater visibility in low light conditions.

## Bump Caps

A bump cap is a type of safety equipment that provides protection for the head. ... they are used to provide head protection in low-risk situations to reduce exposure to lacerations, abrasions, and other injuries such as minor bumps to the head

You should use safety bump caps when there is a risk of impact between the head and stationary objects such as low ceilings, the underside of a vehicle (for mechanics, especially) and overhead piping

Bump caps are **NOT** a substitute for safety helmets and **MUST NOT** be used to protect the head from falling objects.

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