

Hard Hats Around Overhead Work and Electricity

COMPANY

PROJECT

DATE

PRESENTED BY

General construction crews often share space with people working overhead, moving materials, and working near electricity. A falling tool, a flying piece of material, or contact with an electrical hazard can injure your head. Head protection must match the hazard, and it does not make an unsafe work area safe.

Know When Protection Is Needed

- Wear a protective helmet wherever head injury is possible from impact, falling or flying objects, or electrical shock and burns. This applies even when you are only passing through.
- Look above and around you before entering a work area. Check for overhead crews, exposed framing, moving materials, and nearby electrical equipment.
- Do not judge the danger only by your own task. Someone installing, cutting, or handling material above you can create a head hazard below.

Choose and Check the Helmet

- The employer must provide head protection that meets the standards listed in OSHA's head protection rule, or demonstrate equivalent protection. Do not assume any hat or bump cap is enough.
- As a practical check, look over the shell and the inside support that holds it on your head. Report cracks, broken parts, or a fit that will not stay secure.
- Follow the manufacturer's instructions for fitting, care, and replacement. If the helmet took a hit or its condition is doubtful, stop and ask for it to be checked before relying on it.

Match Protection to Electrical Hazards

- For exposure to high-voltage shock and burns, the employer must also provide head protection meeting the electrical insulation requirements in the listed standards. Insulation helps resist electrical current.
- Ask the supervisor to confirm that the helmet is suitable for the electrical exposure. Color and appearance alone do not tell you what protection it provides.
- A helmet is not permission to touch electrical equipment or move closer to exposed electrical parts. Stop and report an electrical hazard you cannot safely avoid.

Control What Can Fall

- Coordinate with the crew above before working below. As practical precautions, keep loose tools and materials away from edges and keep people out of the drop area.
- Workers on walking or working surfaces must be protected by covers from objects falling through holes, including skylights. Report a missing or displaced cover.
- If objects start falling, stop and move out of the affected area. Tell the supervisor so the overhead hazard can be addressed before work resumes.

WHAT WOULD YOU DO?

You are carrying materials beneath overhead work. A small piece drops nearby, and you notice your helmet's inside support is broken. What would you do before continuing?

Questions for the crew

1. What hazards require protective helmets?
2. Who can confirm your helmet is suitable for electrical exposure?
3. What should you do when objects fall into your work area?

Wear the right helmet, check its condition, and stop when overhead or electrical hazards are not controlled.

Sources: 29 CFR 1926.100, Head protection; 29 CFR 1926.501, Duty to have fall protection

Drafted with AI for review by a competent person. Clever Rook writes from the official regulation text it cites, but it doesn't know your site. Check it against your conditions and your company's safety program before use. Not legal advice.

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REVIEWED BY (COMPETENT PERSON)

REVIEW DATE

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