



Personal Protective Equipment

## The Importance of Wearing Head Protection and Preventing Concussions at Work

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### What is a concussion and why is prevention crucial?

A concussion is a type of brain injury that happens when the brain is jolted inside the skull due to a blow, bump, or fall or similar incident. It can affect brain function, leading to symptoms like headache, dizziness, nausea, confusion, memory loss, and blurred vision among others. Some symptoms may appear immediately, while others may develop later. Long-term problems such as chronic headaches, mood disorders, cognitive impairment, and dementia can also result from such concussions.

Concussions are common in many occupations, especially those that involve physical contact, high speeds, or heights. According to the Centers for Disease Control and Prevention (CDC), an estimated 2.8 million people in the United States suffer from concussions each year, and about 50,000 die from them. Concussions can also have a significant negative impact on your productivity, performance, and quality of life. It's important to recognize the signs and symptoms of a concussion and seek medical attention if you suspect one. Ultimately, it's best to take steps to prevent them from happening in the first place.

### How can Honeywell PPE help you prevent concussions?

Selecting, wearing, and maintaining proper PPE is crucial to preventing concussions. Helmets and hard hats help safeguard your head from impacts, penetration, and electrical hazards. Honeywell provides a variety of high-standard head protection PPE that help ensure safety and comfort. No matter your industry—construction, manufacturing, mining, oil and gas—Honeywell may have the right protection for you.

Some of the head protection PPE that Honeywell offers include:

Honeywell Fibre-Metal Type 2 Climbing Style Helmet: Features Type II and Class E Protection, incorporates a suspension technology which enables it to evenly distribute impact-generated force throughout the shell. The helmet is compatible with a wide range of safety accessories, which improves ease of use and help enhance wearer protection.

***Read more: New Honeywell Safety Helmet Upgrades Protection Without Budget-Busting Side Effects***

Honeywell North Short Brim Hard Hat: Type 1 and Class E protection helmet features enhanced performance and durability in a cost-effective way and is a certified head protection solution. Has a dual-locking mechanism to help prevent helmet from loosening. Available in vented and non-vented options.

Honeywell Fibre-Metal Safety Helmet: Delivers excellent impact absorption, secondary eye protection, great visibility and enhanced all-day comfort. It's also resistant to extreme temperatures -22° F to +122° F (-30° C to +50° C).

Concussions are serious and preventable injuries that can affect anyone, anytime, anywhere. By wearing appropriate Honeywell PPE, you can help protect your head and reduce your risk of concussions. Visit the Honeywell website for more information on Honeywell hard hats.

***Browse hard hats from Honeywell on MSCDirect.com.***

# UNDERSTANDING AND AVOIDING CONCUSSIONS AT WORK

A concussion is a mild traumatic brain injury affecting brain function caused by a direct impact to the head or body or a rapid acceleration-deceleration of the head

## SYMPTOMS



### Note

Most concussions are not life-threatening, but they can have long-term effects on cognitive, emotional, and physical health



If you or someone else experiences a blow to the head or body that causes any symptoms of a concussion, stop working and seek medical attention as soon as possible

## CONCUSSIONS ON THE JOB

### Prevalence

About 25% of adult concussions occur at work.

### Common Causes

- Falls: Most frequent cause
- Being struck by or against an object

### High-Risk Occupations

- Construction workers
- Miners
- Firefighters

## HOW TO AVOID CONCUSSIONS AT WORK

### Use Proper Safety Gear

Helmets, safety harnesses

### Follow Safety Protocols

Adhere to workplace safety guidelines

### Report Hazards

Inform supervisors of potential dangers

### Get Training

Participate in concussion prevention and response training

## PREVENTING CONCUSSIONS AT WORK

One of the best ways to prevent concussions is to wear appropriate personal protective equipment (PPE) that can protect your head from impact and penetration



### Honeywell Fibre-Metal Type 2 Climbing Style Helmet

- Type 2 and Class E Protection
- Incorporates suspension technology which enables it to evenly distribute impact-generated force throughout the shell
- Compatible with safety accessories



### Honeywell North Short Brim Hard Hat

- Type 1 and Class E protection
- Dual-locking mechanism helps prevent helmet from loosening
- Available in vented and non-vented options



### Honeywell E2 Helmet

- Technically advanced suspension with eight load bearing points to stabilize and balance the hard hat
- Features impact energy control system that dissipates force by reducing it to smaller increments and spreading it over a greater area

These hard hats incorporate technology that not only protects the head from a direct impact, but also from a glancing blow that causes the head to rotate suddenly – a major cause of concussions

