



Employee Safety

Welding Helmet Protection Basics

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Taking the time to determine the correct welding helmet for your application can boost your productivity and comfort. Because all welding helmets should meet ANSI Z87.1 standards, the darkness of your lens is based more on your personal preference and application needs than the level of protection provided. If you're unsure what shade to select, refer to this chart for suggestions.

WELDING LENS SELECTION

	AMPS																						
	0.5	1	2.5	5	10	15	20	30	40	60	80	100	125	150	175	200	225	250	275	300	350	400	450
Stick							9	10	11			12			13								
Mild Steel Mig with Argon									10	11	12			13									
Mild Steel Mig with CO ₂								10	11	12	13												
Aluminum Mig										10	11	12	13										
Tig				9	10	11	12	13															
FCAW												10	11	12	13								
Plasma Cutting										11		12		13									
Plasma Welding	4	5	6	7	8	9	10																

ANSI Standards for Welding Helmets

Welding helmets must:

1. Provide 100% protection against infrared and UV rays regardless of shade setting.
2. Pass independent testing to show they can survive high velocity impact from flying objects.
3. Meet advertised switching speeds and darkness shades in temperatures as low as 23 degrees F, and high as 131 degrees F.

For more information on PRO-SAFE's offering of welding helmets, please visit [MSCDirect.com](https://www.mscdirect.com).

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