



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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