Farm Head Protection Guide

A farm head protection guide with ordered steps for choosing, wearing, and replacing hard hats and helmets for shop, barn, ATV, and horse work.

Farm / unit: _____ Date: _____ By: _____

1. Identify tasks with head risk
2. Choose the correct helmet type
3. Check for a proper fit
4. Adjust straps and suspension
5. Inspect for cracks and dents
6. Replace after a hard impact
7. Store out of sun and heat
8. Follow the maker's replacement advice
9. Make helmets easy to reach

YOUR NOTES

TIP Use a helmet made for the activity, such as an ATV or riding helmet, rather than a general hard hat.

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