

# WORK

## WEAR THE RIGHT LID

- Whether you need protection from falling or fixed objects or electrical shocks, there's a hard hat for that
- Check the recommended work life of the hard hat you're wearing, and inspect it daily for signs of wear, cracking or damage to the shell

**1CM**

The human skull is just one centimeter thick. A properly fitted helmet or hardhat cuts the risk of serious head injury by up to 80%.



**Get the right size** and don't wear hoodies or ball caps under it

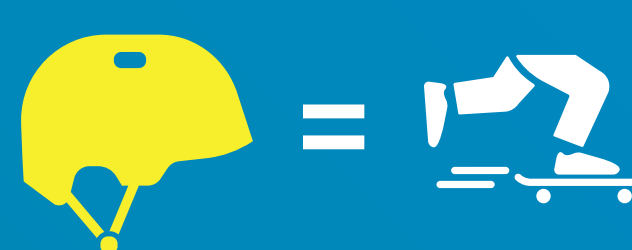
# CARE FOR YOUR CRANIUM

Keep your brain safe at work and play

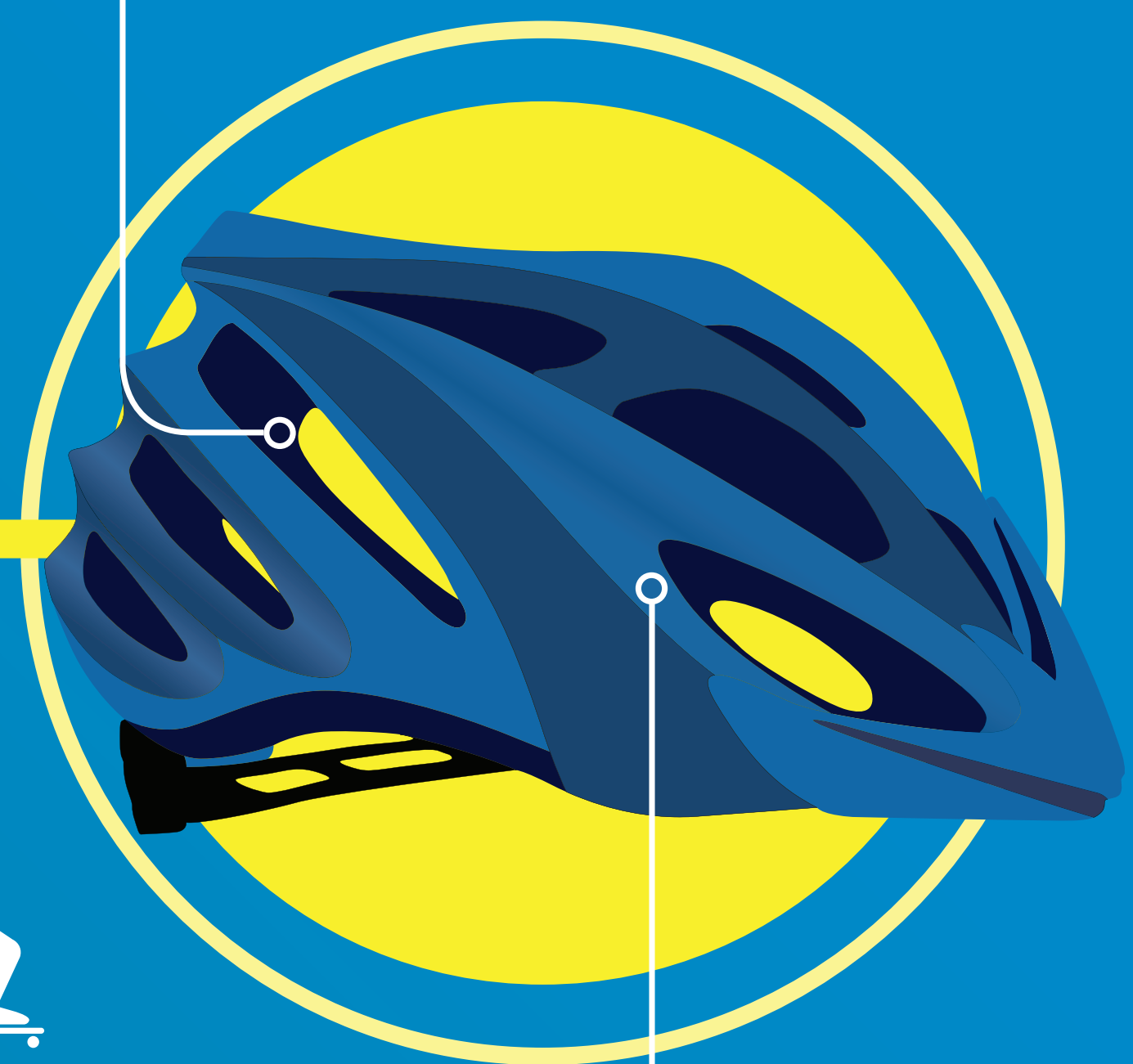
# PLAY

## WEAR THE RIGHT LID

- Bicycle helmets protect more of the forehead and should be replaced after any impact
- Bike helmets can be used for inline skating and scooter riding
- Skateboard helmets are specifically designed to protect more of the back of the head, and protect against multiple falls



**A helmet should fit snugly** and should not rock side to side when you tilt your head



**ENERGY  
SAFETY  
CANADA**