

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 34



## BRIMMING WITH HEADFIRST INSIGHTS

BY TREVOR ADDISON, MS, ATC

Strap on your chin strap because we're about to delve into the riveting world of hard hats and the serious safety they bring. From the days when "Hard-Boiled Hats" sounded like a quirky detective agency to the cutting-edge helmets that have us covered from every angle, let's explore how these ingenious domes keep us working hard and playing it safe.



**TO ACCESS THESE RESOURCES, SCAN THE QR!**

### A HEAD START TO SAFETY

In 1919, inspired by the success of helmets during WWI, Edward Bullard embarked on a mission to protect civilian workers with a similar concept. The result? The birth of the "Hard-Boiled Hat" - a canvas and leather creation that laid the foundation for modern head protection. From mines to majestic dams, industries gradually embraced the hard hat revolution.



### HEAD'S UP HELMET EVOLUTION

While hard hats have been steadfast companions in numerous industries, they're not invincible. They've historically been designed to shield against objects from above, leaving the sides and back vulnerable. They're also prone to falling off the wearer's head, especially during a fall. Enter the safety helmet - a transformative evolution that takes cues from biking and climbing helmets. Equipped with chin straps, padded liners, and shock-absorbing structures, safety helmets provide comprehensive protection from all angles.

### TURNING OUR HEADS TO THE FUTURE

We can't help but turn our attention to the horizon. One exciting development is the WaveCel helmet core. With its innovative design, this new approach to head protection holds the promise of enhanced safety.

Over time, both the cost and comfort aspects of safety helmets are likely to improve. As industries and workers become more accustomed to the benefits they offer, we might witness a shift towards wider acceptance of safety helmets as the new norm.

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



*\*photo credit - Wave Cel from WaveCel.com*