

## **Heads or Toes???**



*Since the first day you entered the construction industry, perhaps the very first thing your foreman told you was "Put your hardhat on, and keep it on." And did you take his instructions seriously? Or did you say to yourself "Yea, right, but I won't like wearing this piece of junk?"*

### **Hard Hats**

**What do you think** this hardhat does for you? Do you believe that it can save your life in a heartbeat, especially if a piece of rock falls on you while you're down in a trench. Or what about one of those pieces of a pipe that rolls off the side of the trench box you're in and glances off the top of your hardhat? I'll bet that you were glad that you had that piece of junk on your head, weren't you?

**You're right**, hardhats are hot in the summer, and cold in the winter. And, yes, they do fall off sometimes when you lean over to join a piece of pipe, or you're hunched over checking a laser beam angle.

**But even if you** have the hardest head this side of the Continental Divide, don't you think a first rate hardhat is much better than a fractured skull, or a dent in your skull that will knock you silly.

**Hardhats, when worn properly**, can save you misery, pain, heartache, and even your life. Hardhats, when worn properly, become a way of life if your career is in construction. Hard hats can be a badge of honor, and singles you out as a member of a time honored fraternity, the construction fraternity.

**Do you ever wear** your hard hat backwards? Why? Does it make you look like a baseball catcher behind home plate in Yankee Stadium or does it make you look like a goofball at a Ringling Brothers, Barnum and Bailey Circus?

**Hardhats protect** more than the top of your head. If a piece of rock comes flying at you sideways, it can prevent a fatal wound to your temple. If that same rock happens to come straight down on the top of your hard hat, it can prevent the impact from breaking your brain stem, located in the lower portion of your skull.

**Do you know** what happens if your brain stem is fractured? Or severed? You die, die, die!



### **Heavy Duty Work Boots**

**Tennis shoes aren't much good on a construction site.** They won't protect your ankles from a sharp piece of sheet metal that can cut to the bone. They won't protect you if you step on a long nail sticking out of a piece of scrap lumber.

**If you step on a sharp** corner of a rock on an excavation jobsite, and you're wearing those Jordan sneakers, you'll probably bruise your instep, and walk with a limp for a weeks. Wear heavy-duty work boots, and when you step on that sharp rock it'll feel like a mushroom, soft and cushiony.

**If you're running for the gold**, heavy-duty work boots will get you there safely, and soundly. And, are they laced up all the way to the top? Why not? 'Cause your big toe hurts? Why does your big toe hurt? Yes, you kicked the dog when you got out of bed this morning, and he bit you right on the end of that toe.

**Do you know how to keep your feet from hurting** when you're on your feet on the jobsite from sun-up to sundown? First, be sure you wash them (your feet, not your shoes) regularly, put on clean, dry socks every morning, and lace those boots right up to the top, the very top.

**And, you also know that shoes** tend to loose their shape if they're worn every day, month in and month out, for years. And, when they loose their shape, they don't support your feet like they're supposed to. A misshaped boot will cause sprained ankles, stumbles and falls, and tripping all day long.

*Heads or toes, it's up to you. Inside your skull is a brain that leads you through life. Damage your brain, and you're a piece of mush. Wear your hard hat at all times . . . and don't forget those heavy-duty work boots. Don't gamble!!*