

HEAD PROTECTION DESCRIPTION AND USE

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1. GENERAL

1.01 This practice covers the safety requirements for head protection and includes the description, use and care of safety headgear.

1.02 Safety caps are designed to act as both a shield and a shock absorber to protect against head injuries. The headgear is also designed to provide protection against electric shock in case of accidental contact with electrically energized objects.

1.03 The use of safety caps in no way reduces the need for good job planning or the requirements for observing the safety precautions specified in other Continental Telephone System practices.

1.04 The Continental Telephone System standard safety cap meets the Class A and B standards (ANSI-Z-89.2-1971):

- a. **Insulation Resistance:** 20,000 volts (30,000 volts to breakdown).
- b. **Impact Resistance:** Average of 850 to 1,000 lbs.
- c. **Penetration Resistance:** 3/8 inch.
- d. **Weight:** Not to exceed 15.5 ounces.
- e. **Flammability:** 3 inches per minute burn rate.
- f. **Water Absorption:** 0.5% maximum.

2. SAFETY REQUIREMENTS—DESCRIPTION AND USE

2.01 The safety cap consists of a molded, high-impact white plastic shell equipped with detachable suspension which is adjustable to different head sizes. The Continental Telephone logo is embossed on the front; pressure sensitive reflective strips (avocado and orange) are located on the front and back of the shell for night safety visibility and conformance to Company identification. A glare resistant underbrim is furnished. The safety cap is illustrated in Figure 1 and shall be worn by all

personnel engaged in outside plant or installation and repair work whenever they are subjected to conditions which could result in (1) head injuries from falling or moving objects or striking against stationary objects or (2) electric shock from accidental contact with electrically energized objects. It is not feasible to cover every situation requiring the use of headgear; however, careful observance of the principles and precautions given below will do much to prevent head injuries and electric shock. The following are the more common work operations and conditions under which the safety cap shall be worn:

- a. Performing all kinds of work, i.e., line, splicing, installation, and repair work, from aerial lifts or truck mounted ladders.
- b. Performing line work aloft such as from poles, ladders and platforms.
- c. Working with, or in the vicinity of construction apparatus and equipment such as derricks, booms, winches, take-up reels, earth boring machines, cable trailers, tractors, trenches, and cable plows.

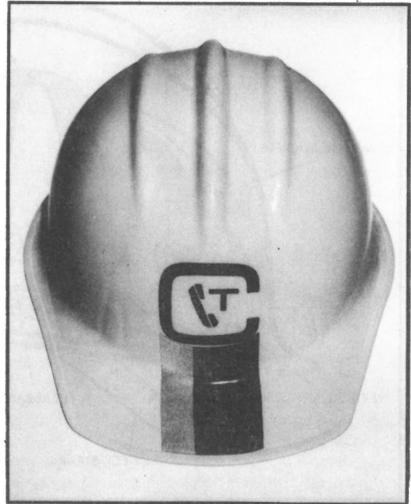


FIGURE 1. Safety Cap
Distribution IV (A B C D E F G H J T)

- d. When below work being done aloft or when performing overhead work from the ground such as placing cable blocks on strand, raising wire, and pruning trees.
- e. All pole placing and removal work.
- f. Entering, leaving, and working in manholes.
- g. Working in any area or enclosure where headroom is insufficient such as crawl spaces, cellars, and steam tunnels.
- h. Working in trenches, splicing pits, or other excavations of three feet or over in depth.
- i. When in or near buildings under construction or being demolished.
- j. When in an industrial establishment or on other premises.
- k. Storm restoration work.
- l. Performing blasting operations or when in the vicinity of such operations.
- m. At any time there is exposure to high voltage electrical contact.

2.02 The suspension for the safety cap consists of a molded plastic band with a vinyl sweatband and nylon crown straps attached. The crown straps are not adjustable, but are fixed to provide clearance between the top of the head and the inside of the cap shell. The suspension has six points which attach to the cap using delta shaped plastic clips. The sweatband is a moisture absorbing microporite brow pad which is attached in the front of the headband. Sizing buttons are located on either side and are adjustable in increments of 1/16 inch of standard hat sizes. Detailed illustration is shown in Figure 2. Instructions for headband adjustment are:

- a. Unsnap sizing buttons and decrease band size.
- b. With buttons still unsnapped, put helmet on head.
- c. Remove helmet and snap sizing buttons into nearest hole. The suspension is now permanently set to head size.
- d. The headband may be raised or lowered front and/or rear by removing hangers from "V"

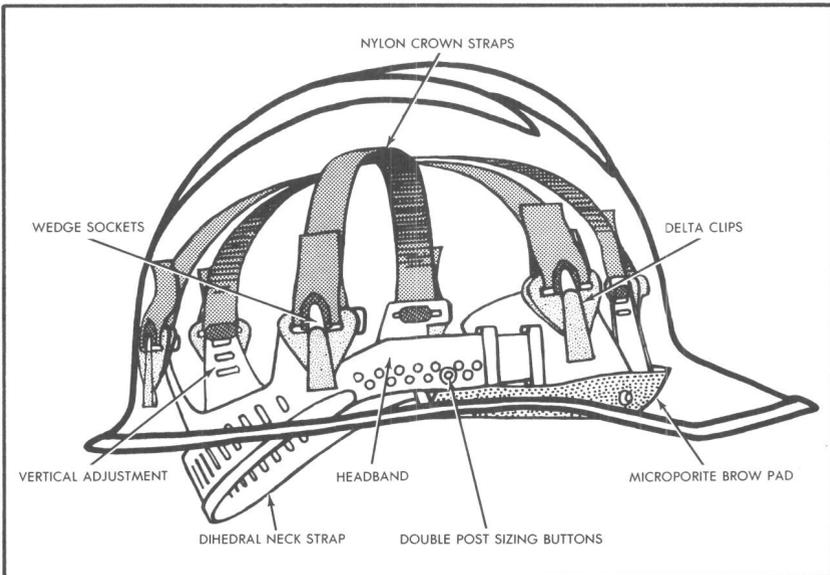


FIGURE 2

slots and repositioning the "L"-shaped plastic key. Be sure to reseat hanger firmly before wearing helmet. The dihedral neck strap may be raised or lowered vertically by separate adjustment.

e. The suspension is shown in Figure 3.

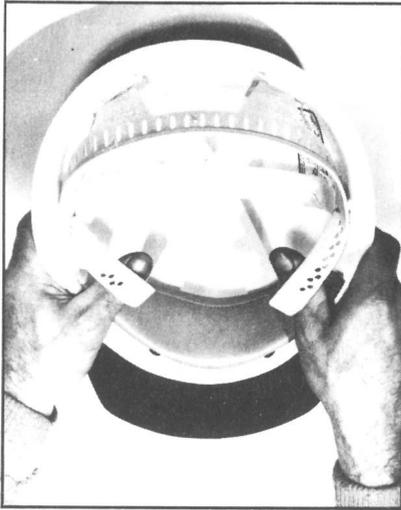


FIGURE 3

2.03 Winter liners with ear flaps for use with safety cap are available as accessory items. The liner is worn with the suspension over the liner as illustrated in Figure 4.

2.04 Chin straps are made of an elastic material, fully adjustable, available as an accessory, and snap into the plastic hangers located on the inside, underbrim portion of the shell. The chin strap is for use during windy weather to prevent the safety cap from falling off.

2.05 When a safety cap is being worn and it is necessary to use a head telephone set, use the following procedure:

- a. Hold the safety cap in both hands, inverted, with the front facing away from you. The edge of the brim should rest approximately in the center of the palm of each hand. The position of the hands is such that the thumbs are directly over the center supporting tabs of the sweatband. See Figure 5.

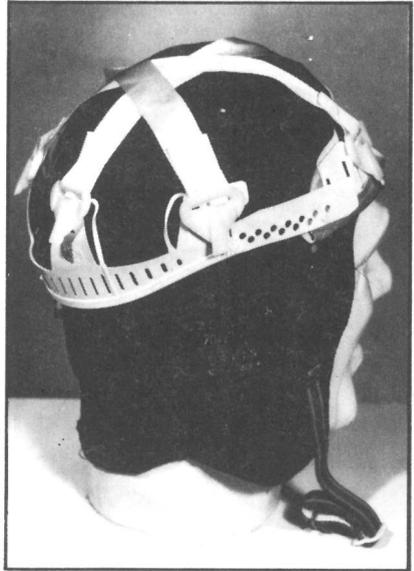


FIGURE 4

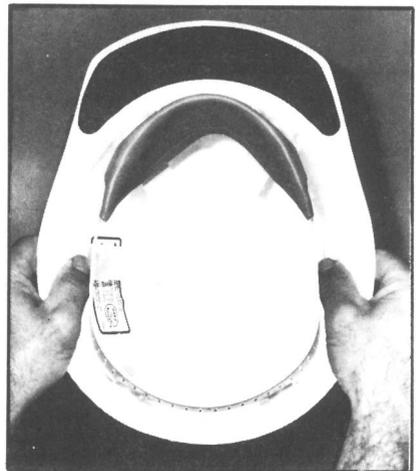


FIGURE 5

b. Slide each thumb down the outside of the sweatband tab attached to the side suspension strap hanger keys to the plastic angle button which holds the suspension to the hanger key. This will snap the buttons out of the slots in the hanger key when a steady pressure is applied, freeing the supporting tabs from the sweatband. See Figure 6.



FIGURE 6

c. Remove the angle buttons from the slots in the tabs. The sweatband is now being held in the cap or hat at four points, two in front and two in back. The cap or hat is now ready to have the headset installed. Rotate so the front of the cap or hat faces you. See Figure 7.

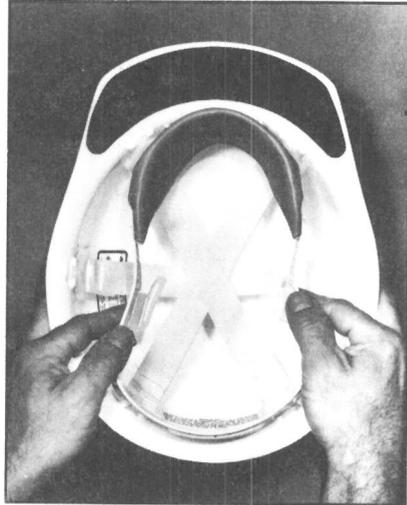


FIGURE 7

d. Place the headset in position by threading the headpiece bracket (from either left or right side depending on which ear the receiver is worn) between the sweatband and the side hanger key, sliding it along the nylon cross strap so the leather pad rides on the strap and the strap is between the bracket supporting wires. Continue to slide the free end under the two long straps and emerge between the sweatband and the side hanger key. The headset is now installed. Hold the headset in this position, spreading the bracket toward the sides of the safety cap. See Figure 8.

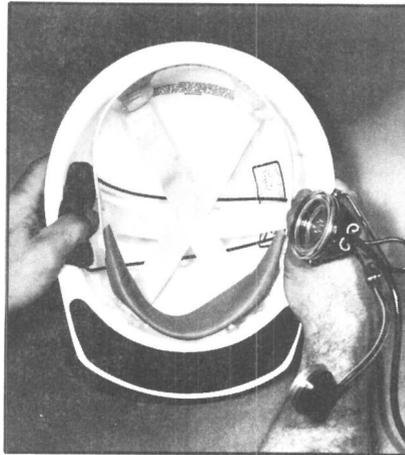


FIGURE 8

e. Place the safety cap on the head and position the receiver on the ear. The cap or hat with the headset installed is now properly worn. The headset bracket being secured between the sets of nylon straps is held in a secure position, regardless of the movement of the head or of the safety cap relative to the head. The receiver can be moved from the ear either forward or back without disturbing the position of the headset bracket on the head. When not needed, the headset can be removed easily from the safety cap.

NOTE: Releasing the two side supports of the suspension does not in any way affect the safety of the safety cap. The six point suspension has not been changed, which is the basic protection. The sweatband merely holds the cap on the head and being attached in four points just as effectively accomplishes this purpose. When the safety cap is not worn with the headset, it is not necessary to reattach the side supports of the sweatband.

2.06 The safety cap can be worn with a dielectric bracket and visor which are accessory items. When used with safety headgear, this combination gives face-eye protection as illustrated in Figures 9 and 10 for protection against impact.

2.07 The safety cap should be stored where it will not be damaged by other tools. Proper storage of the cap is by use of a cap rack, which is available.

CAUTION: Do not store the safety cap on the rear shelf of an automobile as it could be hurled forward in a collision.

3. CARE—CLEANING—INSPECTION AND TESTING

3.01 Maintenance should include all safety caps being initialed or marked in some manner to prevent random exchange among workers. Craft personnel should wipe dust or moisture from the caps before storing them.

3.02 A schedule should be established and maintained for the periodic inspection of all safety caps. Electrical safety caps should be inspected visually each day by the wearer for defects such as cracks, pit marks, or other abrasions that have occurred through use. It is recommended that management arrange for periodic electrical test of such caps. Safety caps should be periodically returned to the supplier or a local accredited test center for dielectric test per ANSI-Z-89.2-1971. The interval between testing shall not exceed one year.

3.03 Caps used primarily for electrical protection must be destroyed when they are found to contain

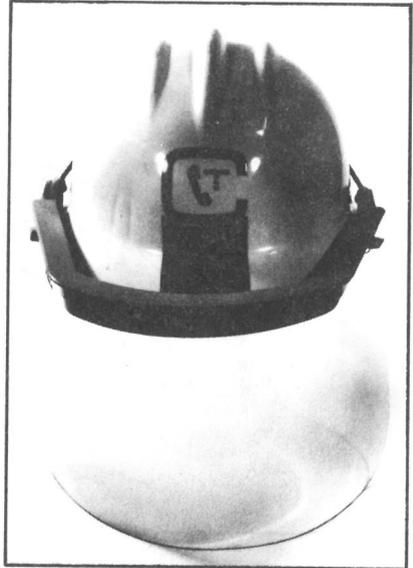


FIGURE 9

cracks, abrasions, or other physical damage, or when they fail to pass an electrical proof test.

3.04 The worker can turn in a cap if it is found to be damaged or in need of a new suspension or sweatband. Caps turned in with sound shells may be transferred to other employees if the shell is thoroughly cleaned, sterilized, and supplied with a new suspension.

3.05 Tars, paints, oils, and other adherent dirt should be removed with nonflammable and nontoxic solvents. Because some solvents can be harmful to dielectric caps, the cap manufacturer should be queried before choosing a solvent.

3.06 A common method of cleaning the shells is to dip them into a tank of hot water, not in excess of 140°F., and containing a good detergent for at least one minute. These hats should then be scrubbed and finally rinsed in clear hot water (maximum temperature 140°F.). (Hats should be dipped using wire baskets to prevent hand and arms burns.) After rinsing, they should be wiped dry and inspected for damage that might show up. If cleansing facilities are unavailable, use a sanitizing spray to clean the shells and wipe dry for inspection. New suspensions



FIGURE 10

should be installed and the entire unit placed in a plastic bag, paper bag, or box to protect it against dust and handling damage.

4. ORDERING INFORMATION (INCLUDING REPLACEMENT ITEMS AND ACCESSORIES)

4.01 The following descriptions and catalog numbers cover the complete safety cap and accessories:

- a. Cap, Model No. 302, white with Continental Telephone logo and reflectorized stripes, front and rear—complete with suspension: CTS #74-86-033-0.
- b. Yellow dihedral 6 point suspension system, Part #ESDMY: CTS #74-86-052-6.
- c. Green underbrim decal for glare prevention pressure sensitive: Part #UBG.
- d. Chin strap, Part #ES-42: CTS #74-86-051-8.
- e. Liner, winter (available in small, medium and large sizes), Part #EL-33: CTS #74-86-048-8, small; #74-86-053-4, medium, #74-86-050-0, large.
- f. Dielectric bracket: Part #300.
- g. 8 inch x 15 inch x .040 clear visor for use with #300 dielectric bracket for impact protection to face and eyes: Part #840.