



Volume XXXVII

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FLU SHOT CLINIC

FREE FLU VACCINES TO MAREK EMPLOYEES

Tuesday, October 6th, 2026 (South Training Room)

Thursday, October 8th (North Training Room)

2:00 PM - 4:00 PM

2115 Judiway Street

Houston, TX 77018

Note: Supervisor Demonstration: Supervisors should demonstrate how to inspect the Milwaukee Type II Safety Helmet for damage, missing parts, proper fit, and secure components before use. Employees must immediately report any issues to their supervisor and not use a damaged or defective helmet.

PPE: Safety Helmets

Safety helmets are a critical part of personal protective equipment. They help reduce the risk of head injuries from falling objects, flying debris, struck-by hazards, low-clearance areas, and certain electrical exposures when the correct helmet class is selected.

Head protection must be selected based on the hazards of the task and work area. Modern safety helmets may provide enhanced protection, including improved foam liner, side-impact protection, and chin straps that help keep the helmet in place during slips, trips, falls, or sudden movement.

Use only helmets that meet applicable ANSI/ISEA Z89.1 requirements and are appropriate for the exposure. Type I helmets are designed for top impact protection, while Type II helmets provide protection for both top and side impacts. Electrical classes must also match the work being performed.

Follow these safety practices:

Before each use, inspect the shell, foam liner, and adjustment system. Remove the helmet from service if it is cracked, damaged, missing parts, modified, or no longer fits securely.

1. Wear the helmet as designed and follow the manufacturer's instructions.
2. Adjust the foam liner and chin strap so the helmet fits securely and comfortably.
3. Do not drill holes, paint, add unapproved stickers, or modify the helmet unless approved by the manufacturer.
4. Do not wear caps or other items underneath unless they are compatible with the helmet and approved for use.

Common concerns and key reminders

- **“It feels uncomfortable.”** A properly fitted helmet should feel secure without creating pressure points. Adjust the foam liner, chin strap, and report fit issues so the right size or model can be selected.
- **“It gets hot.”** Heat stress is a real concern, but removing head protection is not the solution. Stay hydrated, take approved breaks, and use the correct helmet style for the environment.
- **“I only need it for a quick task.”** Head injuries can happen in seconds. Wear required head protection whenever you are in an area with overhead, impact, struck-by, or electrical hazards.
- **“It may fall off.”** Use the chin strap to keep the helmet from shifting or coming off, such as when working at height, bending, climbing, or working in windy areas.
- **“It looks different from a traditional hard hat.”** Safety equipment continues to improve. The goal is better protection, better fit, and consistent use on every job.

Bottom line: choose the right helmet for the hazard, wear it correctly, inspect it before use, and replace it when it is damaged or no longer serviceable. A safety helmet can protect you only if it is the right type, properly fitted, and worn every time it is required.