

Z PROTECTIVE CAP

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1. GENERAL

1.01 This section covers the description, use, and care of the Z Protective Cap. This section is reissued to include the requirements listed in CSA Standard Z94.1.

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

Note: Deliberate contact with Power Circuits must be avoided.

1.03 The use of safety headgear in no way reduces the need for good job planning or the requirements for observing the safety precautions outlined in other sections of the Bell System Practices.

1.04 Each employee shall be responsible for the care of the Z Protective Cap in his possession and for its use under the conditions outlined in this section.

2. DESCRIPTION

2.01 The Z Protective Cap is made of moulded poly-carbonate or poly-vinyl which conforms to CSA Standard Z94.1 for both physical

and electrical properties. It is coloured YELLOW for non-management workers, and WHITE for management in accordance with Provincial laws now in effect. Provincial or Federal Safety Inspectors must be readily able to identify the person in charge of a work operation. It bears the company symbol on the front.

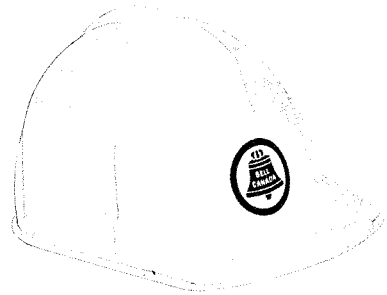


Fig. 1 — Z Protective Cap

2.02 The Z Protective Cap is equipped with either of two removable adjustable suspensions to fit "standard" $6\frac{3}{4}$ to $7\frac{3}{8}$ sizes and "large" to fit $7\frac{1}{2}$ to $7\frac{7}{8}$ sizes. Regardless of the adjustment made for head fit, a minimum separation of $1\frac{1}{4}$ inch between the top of the head and the shell of the cap will be assured.

2.03 Winter Liners are available as accessory items and are available in the following sizes:

| SIZE | HEAD SIZE (in 1/8 in. increments) |
|-------|-----------------------------------|
| Small | $6\frac{3}{4}$ to $7\frac{3}{8}$ |
| Large | $7\frac{3}{8}$ to $7\frac{7}{8}$ |

2.04 The Liner is to be worn between the shell and the suspension.

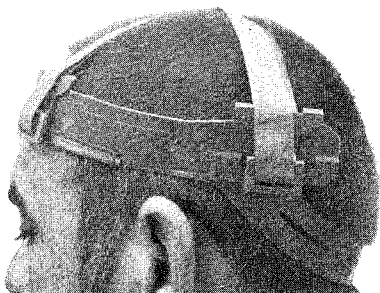


Fig. 2 — Suspension For Z Protective Cap

3. USE

3.01 Safety headgear shall be worn by all craft, services, and management personnel in work situations where they are subjected to conditions which could result in (1) head injuries from falling or moving objects or (2) exposure to striking head on fixed objects or (3) electric shock from accidental contact with electrically energized objects.

3.02 Following are examples of the more common work operations and conditions under which safety headgear 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 all work aloft such as from poles and ladders, ladder platform.
- (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, trenchers and cable plows.
- (d) When underneath a work operation being done aloft, or when performing overhead work from the ground such as placing blocks on strand, raising wire, and pruning trees.
- (e) All pole placing and removal work.
- (f) Entering, leaving, and working in man-holes except when not exposed under the opening and headroom is sufficient.

- (g) Working in any area or enclosure, where headroom is limited, such as in crawl spaces, basements and steam tunnels.
- (h) Working in or near trenches, splicing pits, or other excavations.
- (i) When in or near buildings under construction or being demolished.
- (j) When in an industrial establishment or on other premises where the wearing of head protection is mandatory.
- (k) Storm restoration work.
- (l) In the vicinity of blasting operations.

4. CARE

4.01 Protective caps should not be left lying around or stored among other tools where they can be damaged. When not in use, store the cap in a safe place such as in a truck compartment or splicer's cart. Do not place the cap on the rear shelf of an automobile, as sunlight will adversely affect the protection offered by the cap. The cap could also become a missile in case of a sudden stop.

4.02 Clean the protective cap by washing with soap or detergent and water. To clean, remove the suspension, and dip the shell in warm soapy water. Scrub with a brush if necessary. **DO NOT USE ANY ABRASIVE.** Rinse in clean, warm water and wipe dry. After rinsing, inspect the cap for damage that was not apparent before cleaning. The suspension may be washed with regular soap and water.

4.03 Because paint will damage plastics, the cap must not be painted. If it is desirable to place some identification on the cap, such as the wearer's name, this identification should be placed on dymo or other pressure-sensitive tape attached to the cap. Do not use any metallic tape.

4.04 No accessories should be attached to the protective headwear as they may affect the original degree of protection.

4.05 A large variety of aromatic solvents and chlorinated hydrocarbons will affect the materials in the cap. Some of the aromatics are:

Benzene, kerosene, acetone, creosote, phenol, toluene, alcohol.

Some of the chlorinated hydrocarbons are: dichlorethylene, trychlorethylene, and carbon tetrachloride.

4.06 Materials containing any or similar ingredients as those listed in para. 4.05 should not be allowed to remain in contact with the cap. For example; Insect Repellant or wax contains alcohol and other material which affect plastics and should not be applied or sprayed on the cap.

4.07 If the protective cap should be subjected to a severe blow, or is exposed to chemicals or fumes, it should be replaced. Any cap that becomes cracked, punctured, or otherwise damaged (deep scratches or deep grooves) which thereby reduces its effectiveness, must be replaced.

4.08 The shells and suspension of caps should be checked semi-annually to determine their

condition. To ensure maximum protection for the wearer, it is recommended that shells should be replaced within five (5) years and suspensions, within one (1) year, unless inspection reveals defects prior to the expiration of these periods.

4.09 The crown lace, if any, should always be tied with a square knot. If the entire suspension is held in the shell by a lace, this lace should also be tied in a square knot.

4.10 Chin straps and Winter Liners when used with headwear should not be drawn over the brim or peak.

5. ARRANGEMENT WITH TELEPHONE HEAD SET

5.01 When a protective cap is worn (Part 3) and it is necessary to use a telephone head set, the headband of the head set may be placed under or over the suspension without making any adjustments to the suspension.