

## Safety Information for Outdoor Headwear

### Purpose of outdoor headgear:

- **Outdoor headgear** protects the head from various **weather influences** such as **sun** , **cold** , **rain** or **wind** . Not only do they offer protection from **UV rays** and **hypothermia** , they also help **regulate temperature** and prevent **heat loss** through the head. To ensure that outdoor headgear serves its purpose optimally and does not pose any risks, certain **safety aspects should** be considered when selecting, using and caring for it.
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### Important safety aspects when selecting and using outdoor headgear

1. **Protection against UV radiation:**
  - When **exposed to the sun** or doing activities in sunny areas, a hat with **UV protection (UPF 50+)** is **essential to** protect the head from harmful **UV rays** . **Materials such as polyester** or **nylon** often offer integrated UV protection and prevent **sunburn** on the scalp.
  - **Wide brims** or **peaked caps** protect not only the head, but also the **face** , **ears** and **neck** from direct sunlight.
2. **Thermal insulation and protection from the cold:**
  - For cold weather conditions, choose headwear made of **heat-insulating materials** , such as **fleece** , **wool** or **merino wool** . These materials retain heat and prevent the body from cooling down due to **heat loss** through the head.
  - **Thermal hoods** or **balACLAVAS** are ideal for **winter outdoor activities such as skiing, hiking or climbing** as they protect the head as well as the **face** and **neck from the cold**.
3. **Weather resistance and breathability:**
  - In **rainy or wet conditions** , **choose** headwear made of **waterproof** or **water-repellent materials** such as **Gore-Tex** or **softshell** to keep your head dry. Good **breathability** is important to wick away **sweat** and prevent your head from overheating.
  - **Hats** or **caps** with **ventilation openings** or made of **light, breathable material** are ideal for **summer activities** as they provide both protection from the sun and dissipate heat.
4. **Protection from wind and extreme weather conditions:**
  - In windy areas, you should choose a head covering that is **windproof** to protect your head from getting cold. Materials such as **softshell** or special **windstopper materials** offer good protection against **wind chill effects** , which can quickly lead to hypothermia in cold winds.
  - **BalACLAVAS protect not only the head, but also** the face and neck from strong wind and cold. These headgear are ideal for **winter use** or activities in extreme weather conditions.
5. **Fit and comfort:**
  - Outdoor headgear should **fit well** without being too tight to avoid **headaches** or discomfort. Headgear that is too loose can slip or fall off the head in the wind, while caps or hats that are too tight can restrict **blood flow** and cause uncomfortable pressure.

- Look for **adjustable cords** , **chin straps** or **elastic inserts** to keep the headgear securely in place, especially during activities in windy environments.
6. **Reflective elements and visibility:**
- For activities at **dusk** or in **poor visibility** , **choose** headgear with **reflective elements** or in **bright colors** to be more easily seen. This increases **visibility** and safety, especially when hiking, cycling or in traffic.
  - If the headgear does not have reflective elements, you can add additional **reflective strips** or **reflective tapes** to increase your visibility.
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## Maintenance and care of outdoor headgear

1. **Cleaning and care:**
    - Follow the **care instructions** on the hat's label to ensure it is cleaned properly. **Fleece** or **merino wool hats** should be washed at low temperatures to avoid damaging the fibers and to maintain their insulating properties.
    - **Hats** and **caps** made of water-repellent material should be cleaned regularly with **mild detergents** and then **air-dried** to maintain their water resistance and shape.
  2. **Drying and storage:**
    - allow headwear to air dry after use, especially after **wet or sweaty activities** . Avoid drying near **direct heat sources** as this may damage the material.
    - Store hats in a **dry** , **ventilated place** to prevent **mold** or **odor growth** . **Hats should be stored on a hat hook** or in a **closet** to maintain their shape.
  3. **Check for wear:**
    - Check your headgear regularly for **wear** or **damage** such as **tears** , **holes** or **frayed seams** . Damaged headgear may no longer provide full protection from the elements and should be replaced or repaired.
    - Make sure that **cords** , **adjustment straps** or **fasteners** are intact and functional to keep the headgear securely in place.
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## Safety rules when using outdoor headgear

1. **Adaptation to the activity and environment:**
  - Choose headwear that suits the **demands of your activity** and the **weather conditions** . **In hot weather**, wear a **breathable cap** or **hat with ventilation** to avoid overheating, while in **cold weather**, an **insulating hat** or **balaclava** offers the best protection.
  - For activities in changeable weather or in the mountains, **waterproof** or **windproof** headgear is ideal to protect against sudden rain or strong winds.
2. **Protection against extreme weather conditions:**
  - In **extreme cold conditions** , make sure your headgear covers the entire head, ears and, if possible, the back of the **neck** to minimize **heat loss** . **Balaclavas** or **hats with ear flaps** provide additional protection against hypothermia.
  - In strong sunlight, you should make sure that your headgear offers sufficient **protection from UV rays** and also covers the **neck** to avoid **sunburn** .
3. **Preventing injuries and accidents:**

- Make sure the hat fits snugly and won't slip or fly off in **windy conditions** . **Adjustable chin straps** or **drawstrings** will ensure the hat stays securely in place even in strong winds.
  - Avoid headgear with **long, loose straps** or **cords** that could get caught on equipment or branches, increasing the risk of injury.
4. **Visibility and safety in poor visibility:**
- **hiking** , **cycling** or **skiing** at dusk or in fog, wear a hat with **reflective elements** or in **bright colors** to remain visible and minimize the risk of accidents.
  - If your headgear does not have reflective properties, you should add additional **reflectors** or **luminous strips** or wear them in combination with **reflective clothing** .
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### **Summary:**

**Outdoor headgear** provides crucial protection against **weather conditions** , **cold** , **sun** and **wind** and helps regulate **temperature** during outdoor activities. When choosing, look for **UV protection** , **thermal insulation** , **waterproofing** and a good **fit** that meets the requirements of your activity. Regular **care** and **maintenance** will ensure that the headgear retains its protective function in the long term. Wear headgear with **reflective elements** or in **bright colors** to increase your **visibility** and **safety in low light conditions**.