

WHY DO PEOPLE WEAR HATS?

Your head is the one part of your body that is usually exposed to the sun and air. Some people wear hats, caps, and visors to protect themselves from the sun and wind. A cap is a kind of hat. Caps fit closer to your head, and most of them have a visor attached to block sunlight from your face and eyes. Other kinds of hats might have a big brim to keep the sun off you, but they also can make your head look great! Some hats look cool, and some are pretty.

But what about winter hats and caps? These are made from warmer materials and usually cover your ears. Keeping your head and ears warm helps keep the rest of your body warm by reducing the amount of heat your body loses to the air. Did you know that adults used to wear sleeping caps to bed to stay warm at night?

Helmets and hardhats are types of headgear that keep people safe from blows to the head, like falling or having something heavy land on your head. Helmets are worn when biking, skateboarding, skiing, and playing football. Baseball players wear them when they are batting. Hardhats are a type of hat that construction workers wear to protect them from falling bricks and rocks at building sites.

Community workers wear special hats, too. Firefighters, doctors, nurses, and police officers wear headgear that not only protects them but also identifies them as the type of worker they are.