

## Repairs

If necessary, you are able to have your helmet repaired. Repair times can vary, please ask for an estimated repair time if necessary. The Orthotics Department requires that you clean the helmet before bringing it in for repair or adaption.

If received in an unreasonable state, it may be refused.

Please make sure that any helmet dropped or posted into the department has your name, address and date of birth attached.

## Contact us

Orthotics Department  
South Block  
Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Tel: **0118 322 7552**

### Your Orthotist is:

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To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

NHS Orthotic Managers Group, May 2023  
Next review due: May 2025



**Royal Berkshire**  
NHS Foundation Trust

## Guidelines for the use of protective helmets

Information for patients

Department of Orthotics

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**This leaflet aims to help patients and carers who have been supplied with a helmet from the Orthotics Department.**

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**Your / your child's helmet**

Helmets provide impact protection for the head of the wearer. The reason for impact protection can vary and will have been explained by the orthotist.

Helmets need to be worn correctly to provide the impact protection they are designed for.



**Breaking in advice**

Always take time to get used to wearing the helmet, breaking in gradually. This should be done incrementally over a period of 4-5 days.

Once broken in and comfortable, protective helmet should be worn when impact protection is required. Contact the department if any of the following occurs whilst wearing the helmet:

- Skin redness that does not fade after 20-30 minutes.
- Sores or blisters on the skin.
- Pain, irritation or rubbing.
- Any damage to the helmet.

**When putting on the helmet**

The chin strap needs to be unfastened prior to putting it on. Place the helmet on the head, ensuring that it is on the correct way round, that it is not on at an angle. The ear loops are correctly aligned over each ear.

It should be fastened, usually by means of a chin strap so that the helmet does not move excessively on the head, while also being careful to avoid over tightening of the strap.

**Cleaning and maintenance**

The helmet should be cleaned regularly by wiping with a damp cloth. Avoid immersing the helmet in water or using any solvents to clean it. If the helmet gets wet, allow it to dry naturally, away from direct heat sources such as a radiator. If product specific cleaning instructions are available from manufacturer, these will be given to you at supply.

**Eligibility**

You are entitled to one helmet. If you require more helmets above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice.