

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

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Your Orthotist is:

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All our publications can be made available in different languages or formats

Information leaflet supported by
NHS Orthotic Managers Group
Reviewed: May 2019
Review due: May 2021



Royal Berkshire
NHS Foundation Trust

Department of Orthotics

Guidelines for the
use of protective
helmets

Information for patients

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



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 excessive

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.