

Guidelines for the use of protective helmets

What is a protective 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

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 the manufacturer these will be given to you at supply.

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.

Eligibility

You are entitled to one helmet. You will only have to pay if you wish to own more above your NHS entitlement. Please contact the department for a quote and advice.

Contact us

Tel: 030 131 4500 ext. 8547 or ext. 4909

Orthotics Department
East Sussex Healthcare NHS Trust
Level 3, Conquest Hospital
The Ridge, Hastings
TN37 7RD

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

British Association of Prosthetists and Orthotists (BAPO)
NHS Orthotic Managers Group

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4500 Ext: 734731 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Philip King, Orthotist

Carole Crathern, Service Manager for Orthotics

The Clinical Specialty/Unit that have agreed this patient information leaflet:

Out of Hospital Division

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