



Helmet professional maintenance guide

As part of your PPE, helmets should be checked frequently for damage, wear and tear, and degradation. It is important to keep records of purchase, use and testing, as you may be obliged to do this under regulation (by HSE and ALAA in the UK or EC directives on PPE) or by your insurers. These records should also form a part of your ongoing risk assessment.

You're responsible for keeping your equipment in good order, but we can help. Here's our guide to maintaining and testing Palm helmets.

Looking after a helmet

All helmet plastic degrades with time and use, glue, webbing, buckles and cradles will all be subject to wear and tear. How long your helmet lasts will be affected by how often they are used, the environment in which they are used, and how well they are maintained.

Light use (a few times a month)

Medium use (every week)

Heavy use (daily)

Lifespan



Washing



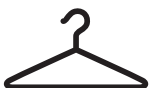
Rinse helmets in clean, fresh water after each use to help reduce odour or corrosion or degradation of materials. A mild detergent (Milton or equivalent) can be used to disinfect your gear.

Drying



Drip dry helmets out of sunlight. Frequent forced drying in drying rooms will shorten the lifespan of the foam inserts and parts.

Storage



Store helmets upright on a shelf. Avoid hanging helmets from the chin straps. Avoid storing helmets wet or damp. Avoid stacking or boxing your helmets for long periods, as sustained compression can damage the shell.

Markings and mounts

You can identify your helmets with a permanent marker, or self adhesive stickers. We advise against the use of solvents and strong cleaning agents to remove pen marks. Do not use paint as it can react with the shell material. Popular sticky mounts, for cameras and lights, will not affect the shell material, but attach them at your own risk, their effect on the helmet is not covered by warranty.

Checking and logging helmet condition

Number your helmets and make a log of date of purchase, test dates and condition. We recommend the web app Papertrail.io.



A visual check as you pick the helmet from the rail and fit it should be part of every session. Make time to inspect and record the condition of your helmets in stores on a regular basis. We recommend that you should carry out the checks listed below. If a helmet does not pass any of these it should be repaired or retired.

Table – recommended helmet checks

		CHECK DATE	SIGNED	NOTES
EVERY USE	foam	Check the foam fit. If loose or missing replace or repair.		
	buckles	Buckles have no broken parts, lock closed and open as intended.		
	straps	Straps are free to adjust and webbing free from tears, snags, fraying or unravelling.		
	cradle	Cradle and/or adjuster is fitted correctly and is in good working order.		
	ALL OF THE ABOVE PLUS			
OCCASIONALLY	shell	Check the plastic shell inside and out for cracks or white marks that may indicate an impact.		
	abrasion/wear	Check for excessive abrasion that might result in the shell of the helmet failing.		
	fading	Check for significant fading, as this may indicate a deterioration of the strength of the materials.		

What if you find damage?

If you find a fault with a helmet, then remove it from use. If it's within warranty (1 year from date of purchase) contact Palm customer services for a warranty assessment. We advise that you do not perform repairs yourself. For advice you can call our customer service team.

Cradle

If the cradle is damaged, then the helmet should be removed from service. Palm helmets (2016 onwards) use a sliding cradle. Palm helmets made before 2016 use a pop-stud cradle. The upper section is riveted in place and is non-replaceable. The lower adjustable section can be replaced.

Foam padding

Through continued use, drying and in some cases reaction to contaminants (such as hair products or sun cream), foam padding may become unstuck. Replacement foam padding kits are available. To obtain replacement foam padding kits, call our sales team on 01275 798100 sales@palmequipmenteurope.com.

Straps

Webbing retaining straps are riveted into the helmets using nickel or copper rivets. Plastic adjustment and fastening hardware is stitched in place. These components are non-replaceable. If you find damage to the straps, rivets or clips that affects their safe function then retire the helmet from use.

Shell

AP helmet shells are injection moulded using polypropylene (PP) impact copolymer. This plastic has an ultra high impact resistance significantly exceeding the 15 KJ required by the ISO/EN 1385 standard.

Repeated low level impacts, such as being dropped onto hard surfaces, can result in damage in the form of white marks on the inside of the shell. Tests show these would be unlikely to result in the shell not performing to the ISO standard, however we advise that you consider the age, amount of use and extent of any damage as to whether to keep helmets in service. Should the shell sustain significant impact, for example deep abrasion gouges, then the helmet should be retired from use.

Significant bleaching of colour of the shell, through exposure to UV in sunlight, is an indicator that the plastic material may be degraded and the helmet should be retired from use

If you require any further information please contact:

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