



Patient Information  
Protective Helmets

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## Protective Helmets Prescription

Protective helmets are usually prescribed for different reasons such as:

- General impact protection
- Protection from self-harming
- To protect the wearer from impact when fits or lack of consciousness occur
- Following cranial surgery involving removal of sections of skull

All helmets need to be securely fastened in order for them to be effective.

## Types of Helmets

Your Orthotists will help you decide what type of helmet will best suit your needs. Some helmets are ready made to different sizes but some will need to be made to measure, which will require a minimum of two fittings, an intermediate fitting and a final fitting.

Helmets are fastened via chin straps normally but other types of fastenings can be designed depending on the patient's needs or condition. The most commonly used fastenings are, buckle and strap, velcro fastening, and clip on buckles.

## Breaking in Routine

This will vary markedly according to your needs, condition and type of helmet but we do recommend that you break your helmet in slowly if possible. Initially, we recommend you use the helmet between 30 to 60 minutes and then increase the daily use by 30 to 60 minutes. By day 5 you should be able to wear it for 5 hours without any problems. If you have to use your helmet all the time for protection. We recommend it gets taken off regularly, within 2 hours, for checking.

The likelihood is that you will get red marks from the helmet; the forehead and ears are the most common places, but these should disappear 25-30 minutes after taking the helmet off. If you find that the marks do not disappear and that you get sores or blisters, please stop using the helmet and contact your orthotics department.

We recommend you check your skin every time for signs for pressure even when you have been wearing the helmet for some time.

Always check the helmet for signs of wear and/or damage.

## Putting the Helmet on

Make sure that the chin strap is undone or loose when putting the helmet on. The helmet should sit on the head so that the front edge is above the eyebrows and there is clearance for the ears. Make sure it is the right way round, normally the ear loops are towards the back of the helmet.

The chin strap should be fastened so that there is minimal movement of the helmet. If the helmet can tilt backwards and forwards, the strap will need adjusting and fastening tighter.

## Cleaning the Helmet

Make sure you maintain the helmet in good working order.

- It can be cleaned with a damp cloth and dried but avoid using heat sources such as radiators as this will change the shape and properties of your helmet.
- Velcro straps are prone to collect fluff and therefore we recommend it gets picked out to improve the grip.
- Do not immerse in water but if it gets wet allow the helmet to dry naturally.
- Always check the helmet for wear when cleaning.

## Entitlement

The NHS will normally supply you with one helmet but in certain cases, depending on clinical need, you may be granted a second one. Please check with your NHS trust guidance.

## Repairs

We recommend you bring your helmet to the orthotics department regularly for repairs. Check with your hospital when the helmet can be dropped in and collected. Please make sure that your helmet is clean and clearly labelled as otherwise it may not be accepted.

## Contact Details

<b>Orthotics Department:</b>	
<b>Hospital:</b>	
<b>Address:</b>	
<b>Tel:</b>	
<b>Email:</b>	
<b>Your Orthotist is:</b>	

If you require this information in another language, please contact us on the above details.

Steeper Group  
Unit 3 Stourton Link  
Intermezzo Drive  
Leeds LS10 1DF  
Tel: +44 (0) 113 207 0435  
Email: [orthoticenquiries@steepergroup.com](mailto:orthoticenquiries@steepergroup.com)

[www.steepergroup.com](http://www.steepergroup.com)

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