

HEAD PROTECTION

FREQUENTLY ASKED QUESTIONS



How should I correctly store my safety helmet?

Do not store it in direct/high heat or sunlight as this may distort the shell. It can be stored in its original transport cartons at ambient temperature (0°C to +30°C) and it can be stored in the dark for up to five years.

What is the lifetime/span of a safety helmet?

The Centurion helmet has an in-use life of up to five years and it is recommended that after five years the helmet is destroyed. Excessive wear and tear can considerably reduce the lifespan of the helmet.

Within this five-year lifespan, if a helmet is involved in a severe accident it should be destroyed and replaced. Even if you have only had a minor knock or it has deep scratches or cuts your helmet should still be destroyed and replaced. It is important to inspect your helmet regularly for any damage.

The 'in-use' life is a maximum of 5 years, dependant on the frequency and type/environment of use, so could be 1 year if used everyday in a harsh environment or 5 years if used on a minimal basis. Storage can be longer than the 5 years stated above, although this will obviously reduce the 'in-use' time, ie. the helmet can be stored for 7 years and then have an in-use life of 3 years, giving a total of 10 years.

How should I correctly fit my safety helmet?

Adjust the helmet so that it is a snug and comfortable fit. The headband at the front of the helmet should be approximately one finger width above the eyebrow. The ratchet at the back of the headband should be adjusted so that it is comfortable and secure on the head. Too tight a fit will cause discomfort and too loose a fit may not provide adequate protection.

How should I clean my safety helmet?

Clean your safety helmet using warm soapy water and a soft cloth. If it does not come clean replace your helmet. Do not use solvents or abrasives. Centurion safety helmets can also be refurbished by replacing spare parts such as sweatbands and cradle/headbands if simple cleaning of these parts is not sufficient.

How can I mark or badge (with a name or logo) my safety helmet?

You should only brand or mark your helmet with approved transfers or stickers or with the manufacturer's branding process at time of production. Centurion Safety Products Ltd offers a free of charge service of evaluating stickers to ascertain their suitability for adhering on to Centurion helmets. Do not use stickers unless approved by the manufacturer. Some safety helmet materials can be very sensitive to chemical attack and therefore you should not paint your helmet or mark your helmet with felt tip pens.

What types of industrial head protection are there?

Head protection starts with the bump cap, offering limited scalp protection against bumps and scrapes. Genuine industrial safety helmets offer protection against falling objects and may offer many options, including temperature resistance, electric insulation and reduced peak for those whose work involves looking overhead. Products in the marketplace include those with integrated ear defenders and visors and some have the ability to connect with additional PPE (ear defenders, facescreens etc.)

What specific performance indicators should be considered in head protection selection?

The European standard EN397 requires a helmet to pass mandatory tests including protecting the wearer against the unlikely occurrence of a top dead centre impact. There are additional options within EN397 including for example products that offer side impact protection abbreviated as LD (lateral deformation). Please see table below for other useful options within EN397.

Optional requirements of EN397:

-20°C, -30°C Very low temperature
440V a.c. Electrical insulation
LD Lateral deformation
MM Molten Metal Protection

Sources of further information

Contact the following for further information on PPE:

- Your PPE manufacturer, ie Centurion Safety Products Ltd
- Your PPE distributor
- The Health and Safety Executive (HSE) Tel: Refer to your local HSE branch
See Yellow pages or local directory for telephone number
- The British Safety Industry Federation (BSIF) Tel: 01745 585600

Centurion Safety Products Ltd, Howlett Way, Thetford, Norfolk, IP24 1HZ
Tel: +44 (0) 1842 754266 Fax: + 44 (0) 1842 765590 www.centurionsafety.co.uk sales@centurionsafety.co.uk

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