

Protective helmets

This leaflet explains more about protective helmets. If you have any further questions, please speak to the Orthotist caring for you.

What is involved?

Protective helmets are made from hard plastic or foam with a soft inside lining. Before making your helmet, your orthotist will assess things like:

- How your condition affects daily life
- Your activity level and lifestyle
- Your mobility
- How best to protect you while meeting your treatment needs

Why are helmets used?

Helmets come in different designs and can be used by people with varying activity levels. They may be prescribed to:

- Protect your face or skull after injury or Orthopaedic intervention
- Provide extra protection for various underlying conditions

Who might need a helmet?

Helmets can be prescribed for people with:

- Epilepsy or seizures
- Balance or coordination problems
- ASD
- Protection after Orthopaedic intervention
- Behavioural concerns
- Facial fractures

How to apply the helmet:

1. Make sure the helmet is clean and the buckles work properly.
2. Place the helmet on your head the right way, making sure it fits snugly but not too tight.
3. Fasten the chin strap firmly under the chin.
4. Check the skin every day. Some redness is normal but watch for rubbing or sore spots – if you see these, contact your orthotist.
5. When you take off the helmet, check for any cracks or damage. If you see any, contact the orthotics department.

Wearing your helmet:

Start by wearing the helmet for **1 hour** at a time. Increase by 1 hour each day until you wear it for the full time your orthotist or specialist recommends. This helps avoid pressure sores.

How to care for your helmet:

- Clean the helmet every day with warm soapy water and a soft cloth.
- Dry it with a towel or soft cloth.
- Don't use heat (like a hair dryer) to dry the helmet because it can get damaged.

Important information:

- The helmet must be securely fastened under your chin. Because of this, **never wear the helmet while sleeping** — it could make breathing hard.
- If you notice any skin damage or sores, take off the helmet and contact your orthotist right away.

Contact us:

If you have any questions or concerns about orthotics, please contact admin on 020 8487 6056/6033 (Monday to Friday, 8:30am to 4pm). Out of hours, please email: orthotics.qmh@stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111



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