

How Often Should My Helmet Be Replaced?



Helmets have a shelf life!!!

We recommend that you replace your helmet every 2 to 3 years.

We all know the right helmet can save your life. That being said, the world's most sophisticated helmet isn't much better than an egg carton strapped to your head if it's past its expiration date or has been involved in a crash.

With gravity sports getting steeper, faster, and more intense, a good helmet is essential.

How do you make sure your helmet is still safe to use? When do I need to replace my helmet?

There is no firm scientific procedure for determining exactly when helmets should be replaced, but be wary of using a helmet more than five years old.

Most skiing, snowboarding, climbing, and cycling helmets are made with an EPS (or expanded polystyrene) liner or some other kind of rigid foam insulation for energy absorption. "EPS is essentially plastic beads with air bubbles - packed together very tightly. The density determines how the air pockets function to keep you safe when wearing your helmet.

Helmets are made to cushion impacts. Every impact partially destroys the layer of foam in the inside liner.

At some point the EPS material is going to deteriorate due to various influences. Natural aging occurs in all types of polymer, but more importantly, the life of helmets will look very different depending on how they are treated.

UV light, chemicals, temperature, humidity, transportation, storage and so forth can influence the long term condition of all helmets. Sweat, hair products, and cleaning solutions can break down EPS and other polymers used inside helmets.

The damage to the liner may not be visible, so it is always best to replace your helmet if you are unsure.

Discontinue using any helmet that took a hard blow and immediately replace it with a new helmet, no questions asked.

Race helmets are exposed to multiple impacts on a regular basis while being used training and racing as well as during transportation in gear bags to and from training and races. It is highly recommended that racers replace their helmets regularly to always know that they have a safe helmet on their heads.

Provincial Sport Organizations are adopting concussion policies that could limit racer participation following a crash. If racers have a new, safe helmet on their head every 2 to 3 years that will likely influence the amount of downtime being enforced by the mandated concussion policies that are in place nowadays.

Advances in helmet safety are constantly improving. Some cases new helmet technology hits the market every 2 to 3 years. By replacing your helmet every 2 to 3 years you will always be wearing the safest and most advanced helmet on the market.

Some helmets will NOT show significant signs of aging with 10 years of use, while other helmets will be old and tired well before 3 years of use. You can place your helmet anywhere in that range depending on how you feel you treat your helmet, but we strongly recommend adopting our 2 to 3 year replacement recommendation.

Frequently Asked Questions

Q: I dropped my helmet on the ground, is it still good???

A: A helmet's job is to break when impacted; they aren't glass slippers so if you simply drop it from a low height you're probably ok, but what if you fall and hit your head?

Q: I had a big crash and hit the ground hard with my head/helmet.

My helmet does not appear to be damaged. Is it still good???

A: The helmet may look unaffected from the outside but there is a strong possibility that as a result of that impact your helmet is no longer safe and needs to be replaced.

Q: "Is it worth it for families to spend another \$120 to \$200 per head every 2 to 3 years to ensure that the helmets they are using are safe.

A: Yes, it's going to cost more, but when you think about what a serious head injury might cost in terms of quality of life and just the medical cost of a traumatic brain injury "the general rule is probably justified."

Did you know that.....the size of a child's head changes very little as he/she grows?

When purchasing a helmet for a child, it is important to choose a model that is well adjusted to his/her head. Different to when most parents purchase shoes for their child, you should not take a larger size hoping that it will fit longer.