

# Helmets – prices and evaluation\*

## What to consider when looking to purchase a helmet:

If you have seizures that cause you to fall forwards – helmet with a face guard or visor.

If you have seizures that cause you to fall backwards - helmet with more protection around the backs and the sides of the head will provide more protection for you. A helmet that reaches down to the eyebrows will also provide more protection for the forehead.

A good helmet regardless of which way you may fall should be good fitting with an adjustable chin strap so that the helmet stays snug on the head and absorbs the impact of the fall.

## State Wide Equipment Program (SWEP)

SWEP will provide up to \$200 subsidy for a specialised/custom made helmet for an adult or child as prescribed by an Occupational Therapist, Physiotherapist or Orthotist.

See the orthoses section on the aids and equipment page on the SWEP website: <https://swep.bhs.org.au/available-items-and-subsidy.php>

## Infant/Child Helmets


Name	Photo	Cost, where to purchase	Advantages	Disadvantages
<b>Comfy Caps</b>  Created by a Physiotherapist, provides two layers of cushioning.		<ul style="list-style-type: none"> <li>USD\$85.00. Postage not included (from USA)</li> </ul> <p><a href="https://comfycaps.net/">https://comfycaps.net/</a></p> <p>Accurate as of Sept 2017</p>	-Soft and comfortable. - Provides good ventilation for head. -Comes in a variety of patterns & colours. -Chin strap. - Made especially for children.	- Does not cover the entire head or protect face. - Would not provide enough protection for heavy falls on hard surfaces. - Need to order online from USA.

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<p><b>Thudguard</b></p> <p>Created to help provide some protection to infants when they are learning to walk and unsteady on their feet.</p>		<ul style="list-style-type: none"> <li>• AU\$49.00 GST included</li> <li>• Postage AU\$ Australia wide</li> </ul> <p><a href="http://www.thudguard.com.au/orderpage.html">http://www.thudguard.com.au/orderpage.html</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Stretchy fabric allows for good ventilation and also has a chin strap.</li> <li>- Can reduce the severity of bumps &amp; bruising while child is learning to walk.</li> </ul>	<ul style="list-style-type: none"> <li>- Does not provide enough protection for harder falls or falls onto sharp surfaces.</li> <li>- Should not replace a bicycle helmet in infants.</li> </ul>
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### Adult Helmets

Name	Photo	Cost, where to purchase	Advantages	Disadvantages
<p><b>Headsaver</b></p> <p>A soft helmet that has been shown to reduce impact of falls by Melbourne testing services.</p>		<ul style="list-style-type: none"> <li>• Helmet: AU\$120. GST included</li> <li>• Accessories such as headscarf to fit over: AU\$24.95</li> <li>• Postage not included</li> </ul> <p><a href="https://www.headsaver.com.au/?stg=-1">https://www.headsaver.com.au/?stg=-1</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Approved by Therapeutic goods association</li> <li>- Has undergone testing with resting available on website.</li> <li>- Can purchase 3 types of helmet covering such as scarf.</li> <li>- Velcro chin strap.</li> <li>- Light to wear. Good ventilation without the coverings.</li> </ul>	<ul style="list-style-type: none"> <li>- Protection around back of head and nape of neck is minimal.</li> <li>- Does not protect face.</li> <li>- With coverings on top ventilation would be restricted.</li> </ul>



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<p><b>Opti-cool headgear</b></p> <p>Soft headwear that offers the option of having cool gel inserts. *The company is creating a hard hat version soon.</p>		<ul style="list-style-type: none"> <li>• US\$94.90 helmet base price</li> <li>• US\$30.00 gel pack (1 large, 2 small)</li> <li>• US\$10.00 extra graphic images</li> <li>• Price varies depending on option of cool gel insert and size of graphics printed on helmet</li> <li>• Postage not included</li> <li>• Ships to Australia.</li> </ul> <p><a href="https://www.opticoolheadgear.com/">https://www.opticoolheadgear.com/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Lightweight &amp; moisture wicking.</li> <li>- Customizable with pictures or names printed on helmet.</li> <li>- Had a chin strap. Provides good protection to side of the head.</li> <li>- Cool gel pads can be inserted into helmet – great for those that overheat easily or when high temperature triggers a seizure.</li> </ul>	<ul style="list-style-type: none"> <li>- No protection for the face. The front of the helmet sits quiet high up so won't provide much protection for forehead.</li> <li>- Need to purchase online from USA.</li> </ul>
<p><b>Guardian helmets</b></p> <p>Soft helmets created from EVA rubber foam with a Lycra covering. The hook and loop chin strap combined with adjustable laces in the</p>		<ul style="list-style-type: none"> <li>• US\$140.05</li> <li>• Postage not included</li> <li>• Ships to Australia</li> </ul> <p><a href="https://guardianhelmets.com/">https://guardianhelmets.com/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Good coverage around the back &amp; sides of the head. The laces at the back &amp; chin strap mean the helmet can be very secure and snug on the head.</li> <li>- Comes in a variety of colours.</li> <li>- Comes in a variety of sizes.</li> </ul>	<ul style="list-style-type: none"> <li>- Due to snug fit and limited ventilation could make the wearer feel quiet hot.</li> <li>- Can only purchase online from USA.</li> </ul>

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<p>back, enables the soft protective headgear to custom fit each person's head.</p>				
<p><b>Danmar products</b></p> <p>An American equipment company that makes a variety of hard helmets.</p>		<ul style="list-style-type: none"> <li>• US\$260.00 Helmet with face guard</li> <li>• US\$160.00 Hard helmet without any face guards</li> <li>• US\$174.00 Halo helmet</li> <li>• Postage not included</li> <li>• Ships to Australia</li> </ul> <p><a href="http://www.danmarproducts.com/">http://www.danmarproducts.com/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Face guards help to protect the face if falling forwards.</li> <li>- Optional extras can be added to the helmet e.g. different strappings, ear covering etc. A variety of colours are also available.</li> </ul>	<ul style="list-style-type: none"> <li>- Hard helmets stand out a lot in community.</li> <li>- Heavy to wear. Could make the wearer feel hot.</li> <li>- High cost.</li> <li>- Need to order online from USA.</li> </ul>
<p><b>Plum Enterprises – Protecta cap plus</b></p> <p>An American company that makes a variety of falls safety wear e.g. helmets, hip protectors.</p>		<ul style="list-style-type: none"> <li>• from US\$235.00 Adult helmet</li> <li>• from US\$173.00 Child</li> <li>• Postage not included.</li> </ul> <p><a href="https://plumenterprises.com/">https://plumenterprises.com/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Provides protection for the forehead and top of the head. Chin guards can also be purchased.</li> </ul>	<ul style="list-style-type: none"> <li>- Cost &amp; needs to be shipped from USA.</li> </ul>

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## Sports Helmets

Sports helmet type	Photo	Cost, where to purchase	Advantages	Disadvantages
<b>Hockey Helmet</b>		<ul style="list-style-type: none"> <li>• AU\$80-\$350 GST included</li> <li>• Postage not included</li> </ul> <p><a href="https://www.icemonster.com.au/ice-hockey/helmets/helmets.html">https://www.icemonster.com.au/ice-hockey/helmets/helmets.html</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- A hard helmet with good head coverage and a chin strap.</li> <li>- A face guard can be attached if desired.</li> </ul>	<ul style="list-style-type: none"> <li>- Hockey helmets can be a bit hard to locate in Australia.</li> </ul>
<b>Bicycle Helmet</b>		<ul style="list-style-type: none"> <li>• AU\$25-\$50 GST included</li> <li>• Available from most sports stores</li> </ul> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Lightweight &amp; cheap to purchase.</li> <li>- Includes a chin strap.</li> <li>- Easy to locate &amp; purchase.</li> </ul>	<ul style="list-style-type: none"> <li>- They do not protect the face, and coverage is insufficient around the back and sides of the head.</li> <li>- With repeated hard falls a bicycle helmet may also crack.</li> </ul>
<b>Boxing Helmet</b>		<ul style="list-style-type: none"> <li>• AU\$75-189 GST included</li> <li>• Postage not included.</li> </ul> <p><a href="https://ringsport.com.au/boxing-protective-equipment/head-guards.html">https://ringsport.com.au/boxing-protective-equipment/head-guards.html</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Comfortable to wear.</li> </ul>	<ul style="list-style-type: none"> <li>- Not a lot of padding, offer little protection.</li> <li>- Does not offer a lot of ventilation, which could be particularly tricky for someone where temperature triggers a seizure.</li> </ul>

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<b>American Football Helmet</b>		<ul style="list-style-type: none"> <li>• US\$250-\$400</li> <li>• Postage not included</li> </ul> <p><a href="http://gridironunder.com/product-category/helmets/">http://gridironunder.com/product-category/helmets/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Good protection as a hard helmet. Face guards protect face &amp; chin strap.</li> </ul>	<ul style="list-style-type: none"> <li>- Heavy and uncomfortable to wear.</li> <li>- American football helmets can be hard to locate in Australia.</li> </ul>
<b>Baseball Helmet</b>		<ul style="list-style-type: none"> <li>• AU\$40-\$90</li> <li>• Postage not included</li> </ul> <p><a href="http://www.ausport.com.au/index.php/protective/batting-helmets.html">http://www.ausport.com.au/index.php/protective/batting-helmets.html</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Can attach a guard to the front of the helmet. The brim may also provide some protection.</li> </ul>	<ul style="list-style-type: none"> <li>- Loose fitting and made without a chin strap, so may not absorb the impact of a fall.</li> <li>- Baseball helmets can be hard to locate in Australia.</li> </ul>



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## Protective headwear that is not a helmet (offers less protection)

These items of headwear offer very limited protection as they are a hat and not a helmet.

**However the limited protection they do offer may be better than nothing for people who will not wear a helmet.**

Name	Photo	Cost, where to purchase	Pros	Cons
<p><b>Rib cap</b></p> <p>Initially designed for a sport where you would normally wear a hat or beanie e.g. snow sports where a helmet is not obligatory.</p>		<ul style="list-style-type: none"> <li>• €\$120</li> <li>• Postage not included</li> </ul> <p><a href="http://www.ribcap.ch/en/shop/">http://www.ribcap.ch/en/shop/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Comfortable and stylish. Won't stand out.</li> </ul>	<ul style="list-style-type: none"> <li>- It is not a helmet and provides minimal protection. It will not protect your head from sharp objects because of the soft protection material.</li> <li>- The cap style hat could easily slip off the head.</li> </ul>
<p><b>Crasche hats</b></p>		<ul style="list-style-type: none"> <li>• US\$40-60</li> <li>• Postage not included</li> </ul> <p><a href="http://crasche.com/">http://crasche.com/</a></p> <p>Accurate as of Sept 2017</p>	<ul style="list-style-type: none"> <li>- Comfortable and stylish. Won't stand out.</li> <li>- The beanie will be snug on head.</li> <li>- Can remove padded inserts to machine wash hat.</li> <li>- The outer layer of the inserts in the hat is composed of an extremely strong polycarbonate plastic, the same material used to make bulletproof glass. The inner layers are composed of neoprene rubber, the same material used in making wet suits.</li> </ul>	<ul style="list-style-type: none"> <li>- It is not designed to replace a helmet &amp; for best results the hat needs to cover the forehead just above the eyebrows.</li> </ul>

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*\*Researched by Alyce Woodruff, Occupational Therapist, Epilepsy Foundation, September 2017.*

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