

Two Sports, Two Helmets

Parts of a Hockey Helmet

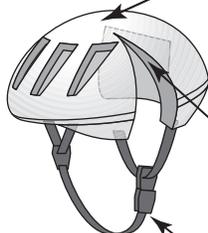


Shell: The shell of a hockey **helmet** is made of impact plastic. The shell is designed to absorb and deflect the energy of a body check or a collision with the boards. It also protects the head from any puck or stick impact.

Foam Padded Liner: Liner materials are usually made from urethane foams with a thickness of about 16 mm. This foam squishes when the player's head hits the ice. This squishing absorbs some of the energy. The foam returns to its normal size after impact and is good for more hits. Lighter and more effective energy-absorbing materials have been introduced in some helmet models.

Chin Strap: Holds the helmet in place. It prevents the helmet from flying off at impact. The chin strap also prevents the helmet from turning. If a helmet turns, it might expose the head to injury.

Parts of a Bicycle Helmet



Shell: A full-cover hard shell spreads the impact energy in a collision.

Liner: A good helmet must have a stiff foam liner. This material is non-springy foam. It absorbs shock and does not bounce back at your head. The density and thickness of the liner are critical factors in the amount of energy it will be able to absorb. Once involved in a collision a bike helmet should be discarded. This is because the foam liner is compacted and no longer offers any protection.

Chin Strap: The helmet must stay on your head even if you hit hard surfaces more than once. The helmet needs a strong strap and fastener.

1. Define the following terms.

a) crash helmet

b) multiple-impact helmet

2. What is the main difference between these two types of helmets?
