



Recommendations on how to clean your operational helmet straps

Contents show

Taking proper care of your helmet not only prolongs its life and makes it more pleasant to wear, but it can also protect your health and safety as well.

We do a lot of sweating when we're wearing operational helmets, which creates a need to clean the helmet from time to time. The straps are the part of the helmet that soak up the most sweat. Without proper cleaning practises, odours may develop, cross contaminations and wear and tear of helmets lining, helmet inners or helmet straps may be affected as a result.

The following should be used in conjunction with any pre-existing cleaning and maintaining procedures you agency may already have in place.

How to clean helmet straps, step by step

1. Remove straps

If possible, remove the straps from the helmet. If this is your first time doing so, pay attention to how to get them back on. If you can't separate the straps from the helmet, remove the helmet pads to prevent them from getting wet as you clean. If not then the straps would need to be cleaned while attached to the helmet.

2. Brush off salt

Clean any salt residue (sweat marks) on the straps before getting them wet. A toothbrush is a great tool for this job. The salt is from dried sweat. If you wet the straps before removing the salt, it will only soak in rather than rinse off.

3. Brush with soap and water

Run the straps under warm water or soak with sponge. Once they're saturated, apply mild soap (laundry detergent for sensitive skin is best, but you can also use your face wash) to the toothbrush and gently brush the straps.

4. Clean crevices

Use a Q-tip or cotton swab to get into hard-to-reach places, such as underneath the buckles.

5. Rinse

Rinse thoroughly—really thoroughly. Leftover dried soap may irritate your skin or even pose a danger by creeping into your eyes.

6. Dry

Allow to dry completely by leaving the straps in a well-ventilated space. Even slightly damp straps could chafe your ears, neck and chin on the next ride. Preferably, hang them up to dry so the straps don't stay wet too long.

7. Reattach to helmet

Before reattaching the straps to the helmet, make sure they're thoroughly dry and free from any odours. If they're still a little stinky, repeat Steps 2 through 6.

A few more strap-cleaning pointers

The most important thing to remember when learning how to clean helmet straps is that everything you use on the straps will eventually make its way to the sensitive skin on your face. No matter how thoroughly you rinse, some residue will be left behind. That's why it's so important to make sure that anything you use on your straps is safe for your face as well.

No matter how dirty the straps appear (or smell), **don't scrub hard**, as this will damage the fabric and could lead to rips. Finally, don't put the straps in your washer or dryer.

Regular helmet maintenance

It's important to service your helmet regularly since it could save your life. Un-serviced helmets may lead to structural damage going un-noticed, straps becoming deteriorated or damaged and infectious issues if shared between different staff.