

**MARINES CORPS \*TM 08744B-OR/A-PMC-3  
ARMY TM 10-8470-204-10PMC-3**

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**CREW/OPERATOR  
DAILY PREVENTIVE MAINTENANCE CHECKLIST FOR  
LIGHTWEIGHT HELMET (LWH)**

**NOTICE**

To effectively perform the tasks in this checklist, you must be experienced in using the preventive maintenance checks and services (PMCS) table in ARMY TM 10-8470-204-10. The checklist item numbers match those in the PMCS table in the Technical Manual (TM).

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**HEADQUARTERS, U.S. MARINE CORPS**

**31 MAY 2011**

**PCN 184 087440 00**



**WARNING SUMMARY**

- The hardware (nuts) inside the helmet must be covered by padding at all times. Failure to observe this precaution may cause serious injury or death.
- All seven pads provide maximum impact protection. Using fewer than the standard number of pads is not authorized. The standard number of pads is seven pads for sizes XS-XL, nine pads for size XXL. For non-training and non-combat missions (parades, ceremonies, etc.) up to two pads (oblong/oval or trapezoidal) can be removed from the standard configuration. Do not wear the helmet without the crown pad. Failure to observe this precaution could result in serious injury or death.
- Always wear the helmet with the retention system properly fastened and adjusted. Failure to secure the retention system will decrease helmet stability and may result in injury to the wearer.
- Replace the helmet if dents, cuts, or ply separations exist. Failure to do so may result in reduced head protection.
- Replace the helmet if edging is missing or loose. Missing or loose edging may expose rough helmet edges that may cause injury.

**WARNING SUMMARY — Continued.**

- Replace the retention assembly if the webbing is torn or frayed or if the buckles are broken or damaged. Replace missing hardware and tighten loose hardware. Failure to do so may result in injury.
- Replace any chinstrap that is cut or torn, has broken buckles, or has hook and loop fasteners that do not secure. Failure to do so may result in injury.
- Replace missing or damaged suspension pads or pads that are cut or excessively worn. Failure to do so will result in a helmet that may not protect the wearer. **Replace pads after 6 months of regular use.**
- Use only the hardware screws and nuts described in this manual.
- For the wearer's safety, ensure that the screws do not protrude through the nuts when installed.
- Your helmet must fit properly in order to adequately protect you. If you experience fit problems, excessive tightness or looseness, or helmet profile is too high or too low, refer to the guidelines for Item 2 and Item 3 in this manual. Failure to observe this warning may result in serious injury or death.

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**WARNING SUMMARY — Continued.**

- The rear trapezoidal pad must be placed flush with the rim (edge) of the helmet for airborne operations. If you experience helmet rotation during airborne operations, the rear trapezoidal pad can be placed so that it extends ½ inch beyond the rim of the helmet. Placing the rear trapezoidal pad flush or beyond the rim of the helmet prevents the hard shell from hitting your neck. Failure to observe this warning could result in serious injury or death.
- When donning the helmet for the first time in a cold environment, wear the helmet for a few minutes or warm the pads, for example by placing in pockets, so that the pads will conform to the shape of your head. As the pads warm up and conform to the shape of your head, it may be necessary to retighten the chinstrap retention system. Failure to observe this warning may cause improper fit and result in serious injury or death to personnel.
- If you do not don and adjust the helmet properly as described in the guidelines for Item 3 in this manual, the helmet may become tilted on your head and the chin cup may become uncentered. Failure to observe this warning may result in serious injury or death to personnel.



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## INTRODUCTION

This Preventive Maintenance Checklist (PMC) covers the daily use and care of the Lightweight Helmet (LWH). The helmet consists of a helmet shell incorporating composite materials to provide protection with reduced weight, and an improved suspension and retention system for comfort and stability. It is available in six sizes, allowing for optimum fit and stability.

**Pad Suspension System.** The pad suspension system contains seven pads for sizes XS-XL, and nine pads for size XXL. In conjunction with the shell, the pad suspension system provides impact protection. In conjunction with the retention system, the pad suspension system provides stability. The helmet has  $\frac{3}{4}$ -inch-thick pads installed.

**X-Back Retention System.** The X-back retention system provides stability and comfort. It includes a non-ballistic nape pad with adjustable straps and an adjustable chinstrap. The removable chinstrap can be configured to fasten and unfasten on the right or left side.



**Figure 1. Lightweight Helmet.**

**BEFORE INITIAL USE CHECKS**

Item 1. Perform helmet inventory in accordance with Table 1.

Table 1. LWH Inventory


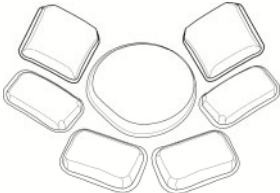
Picture	Name	Quantity	Required/ Optional
	Helmet Shell	1	Required
	Suspension System (Pads)  Size 6 pads are ¾" thick Size 8 pads are 1" thick	<u>Standard (S-XL):</u> Oval – 4 Crown – 1 Trapezoidal – 2  <u>Standard (XXL):</u> Oval – 6 Crown – Trapezoidal – 2.	Required

Table 1. LWH Inventory—Continued.

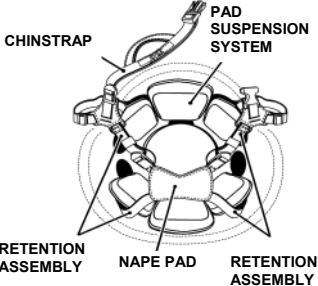
Picture	Name	Quantity	Required/ Optional
 <p>The diagram shows a top-down view of a helmet's retention system. A chinstrap is attached to the sides of the helmet. A suspension system is mounted on top. Two retention assemblies are located on the sides. A nape pad is positioned at the back of the helmet. Labels with leader lines point to each of these components.</p>	<p>Retention System</p>	<p>1 Chinstrap                      1 Retention assembly                      Includes 4 sets of hardware as follows:                      1 screw (center front)                      1 A-nut (center front)                      4 shoulder screws (retention)                      4 nuts (retention)</p>	<p>Required</p>

Table 1. LWH Inventory—Continued.

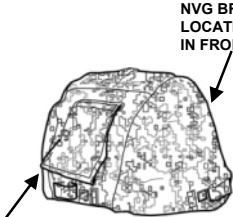

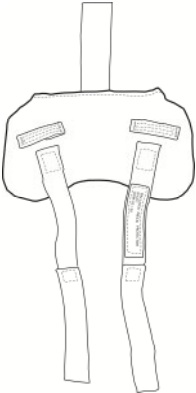
Picture	Name	Quantity	Required/ Optional
 <p data-bbox="417 275 568 342">NVG BRACKET LOCATION IN FRONT</p> <p data-bbox="123 567 313 612">COMMUNICATIONS FLAP IN REAR</p>	<p data-bbox="599 301 715 379">Helmet Cover Reversible</p>	<p data-bbox="750 301 761 322">1</p>	<p data-bbox="1048 291 1149 317">Required</p>
 <p data-bbox="295 866 417 886">USMC NAPP</p>	<p data-bbox="599 674 729 803">USMC Ballistic Nape Protection Pad (NAPP)</p>	<p data-bbox="750 674 761 695">1</p>	<p data-bbox="1048 664 1142 689">Optional</p>

Table 1. LWH Inventory—Continued.

Picture	Name	Quantity	Required/ Optional
 <p data-bbox="376 829 554 850">UNIVERSAL NAPP</p>	<p data-bbox="697 314 827 446">Universal Ballistic Nape Protection Pad (NAPP)</p>	<p data-bbox="845 314 859 332">1</p>	<p data-bbox="1145 304 1237 325">Optional</p>

**Item 2. Ensure proper helmet sizing.**

1. Measure and record the wearer's head length.

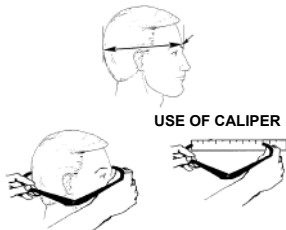
a. Use a caliper and a ruler (Figure 2) to measure the distance (to the nearest 1/16 inch) from the glabella landmark (point between the eyebrows) to the back of the head. This is the head length. Ensure that the caliper touches the skin lightly and does not indent the skin surface.

b. Record the measurement.

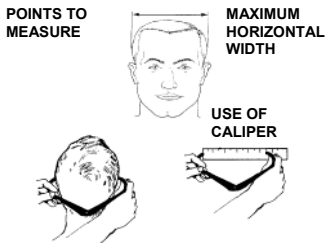
2. Measure and record the head width.

a. Use a caliper and a ruler (Figure 3) to measure the maximum horizontal width (to the nearest 1/16 inch) of the head above the ears. This is the head width. Ensure that the caliper touches the skin lightly and does not indent the skin surface.

b. Record the measurement.



**Figure 2. Measuring Head Length.**



**Figure 3. Measuring Head Width.**

3. Measure and record the head circumference.
  - a. Use a tape measure as shown in Figure 4 to measure the maximum head circumference (to the nearest 1/16 inch) of the head above the ears.
  - b. Record the measurement.



**Figure 4. Measuring Head Circumference.**

4. Select the helmet size based on the established sizing parameters in Table 2.

**NOTE**

The use of both a balaclava and an M-40 mask adds approximately  $\frac{1}{4}$  inch to the user's head width and  $\frac{5}{16}$  inch to the user's head length. This may place the wearer into the next larger helmet size when the balaclava and the M-40 mask are worn. If this is the case, it is recommended that the larger helmet size be selected.

- a. Compare the head length, head width, and head circumference measurements to the sizing parameters shown in Table 2. **Be sure to take all three measurements.**

**Table 2. Sizing Parameters.**

<b>MEASUREMENTS – inches up to maximum*</b>			
<b>Helmet Size</b>	<b>Head Length</b>	<b>Head Width</b>	<b>Head Circumference</b>
X-Small	7-1/8	5-5/8	20-7/8
Small	7-1/2	5-7/8	21-3/4
Medium	7-3/4	6-1/8	22-1/2
Large	8-1/8	6-1/4	23-1/4
X-Large	8-5/8	6-7/8	24-1/4
XX-Large	8-5/8 or more	6-7/8 or more	24-1/4 or more

\*All measurements are =/<

- b. Of the three measurements – head length, head width, and head circumference – select the measurement that corresponds to the largest helmet size. For example, if the head length corresponds to helmet size “Large,” and other two measurements correspond to helmet size “Medium,” select helmet size “Large.”



**Item 3. Check helmet fit.**

**WARNING**

The hardware (nuts) inside the helmet, those that attach the retention system webbing to the helmet (in four places) and the NVG nut at the front of the helmet, must be covered by pads. For maximum safety and stability, place the oblong/oval pads as close as possible to the rim (edge) of the helmet and ensure that they completely cover the hardware. Failure to observe this precaution could result in serious injury or death.

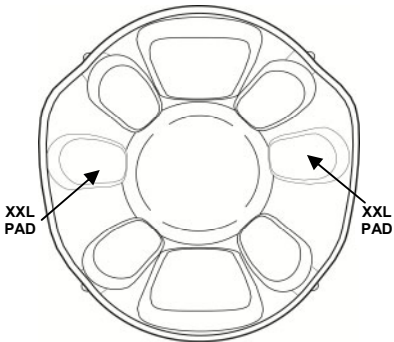
All seven pads provide maximum impact protection. Using fewer than the standard number of pads is not authorized. The standard number of pads is seven pads for sizes XS-XL, nine pads for size XXL. Do not wear the helmet without the crown pad. Failure to observe this precaution could result in serious injury or death.

**NOTE**

For non-training and non-combat missions (parades, ceremonies, etc.) up to two pads (oblong/oval or trapezoidal) can be removed from the standard configuration.

If other equipment is to be used with the helmet, such as a headset, evaluate size with that equipment, if possible.

1. Ensure the suspension pads are arranged in the standard configuration.
  - a. Arrange the suspension pads in the standard pad configuration, as shown in Figure 5. For maximum safety and stability, place pads as close as possible to the rim (edge) of the helmet and ensure that they completely cover the hardware.



**Figure 5. Standard Pad Configuration.**

2. Adjust the retention system.
  - a. Don the helmet and ensure that the buckle pads are below the earlobes. If the pads cover the earlobes, lower the front retention straps buckles until the buckle pads are below the earlobes.
  - b. Buckle the chinstrap.
  - c. Adjust the nape straps for a snug, secure, and comfortable fit at the nape.
  - d. Tighten the chinstrap by pulling on the hook ends of the chinstrap until the fit is snug, secure, and comfortable. Reattach the ends to the fastener when the desired fit is attained.

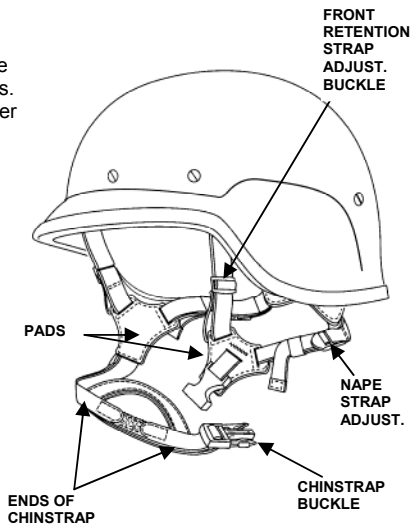


Figure 6. Retention System.

- e. Check the helmet stability by attempting to rock the helmet back and forth on the head. If the helmet rocks back and forth, it is not stable. Adjust the nape strap until the helmet is stable.
  
- f. If the buckle pads cover the earlobes when the nape strap is adjusted, lower the front retention strap buckles until the buckle pads are below the earlobes. Repeat steps d through f as necessary. Then recheck helmet stability and ensure no straps are loose.



**Figure 7. Helmet Properly Fitted.**

3. Evaluate the fit of the helmet.

**WARNING**

Ensure that all helmet adjustment mechanisms are properly adjusted for a snug, secure fit at all times when the helmet is worn. Failure to do so can result in an unstable helmet and may result in injury or death.

a. If the helmet is **too tight (Figure 8)**:

- Try arranging the oblong (smallest) pads in a horizontal configuration or diagonal direction (see Figure 15).
- If rearranging the pads does not alleviate the tightness, try the next larger helmet size.



**Figure 8. Helmet Too Tight.**

b. If the helmet is **too loose**; that is, if it slides when you shake your head from side to side (Figure 9):

- Select the next smaller helmet size.
- Rearrange oblong and oval pads in a horizontal or diagonal configuration. (See Figure 15.)

**NOTE**

Crown pads are available in  $\frac{3}{4}$ -inch-thick pads only.

- Use 1-inch-thick pads.



**Figure 9. Helmet Too Loose.**

c. If the helmet is **too high (Figure 10)**:

- Rearrange oblong and oval pads in a horizontal or diagonal configuration (see Figure 15).
- Try a larger helmet size.
- It is extremely important that the helmet not sit too high on the head.

Check for the following:

- Refer to Figure 10. If too much of the forehead is exposed (more than approximately  $\frac{1}{2}$  inch above eyebrow), then the helmet is too high.



**Figure 10. Too Much Forehead Exposed.**

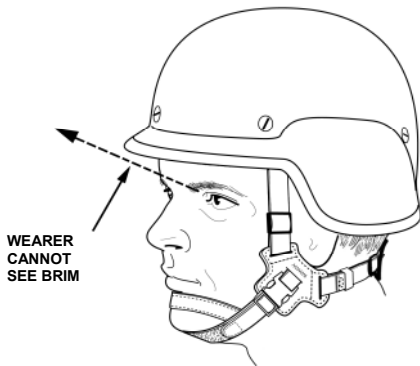
- Refer to Figure 11. If the crown pad does not touch the head (if you cannot feel the pad), then the helmet is too high.



**Figure 11. Crown Pad Not Touching Head.**



- Refer to Figure 12. Look upward by moving your eyes, but without moving your head. If you cannot see the brim of the helmet, then the helmet is too high.



**Figure 12. Looking Past Brim.**

- d. If the helmet is **too low** on the brow, not compatible with eyewear, or has other compatibility issues (Figure 13):
- Try rearranging oblong and oval pads in a horizontal or diagonal configuration (see Figure 15).
  - Try a smaller helmet.
  - If available, try a thicker pad set. Remove the 3/4-inch-thick pads (except the crown pad) from the helmet; replace them with the 1-inch-thick pads.

**NOTE**

Crown pads are available in 3/4-inch-thick pads only.

**BRIM INTERFERES  
WITH VISION AND  
EYEWEAR**



**Figure 13. Helmet Too Low.**

4. Adjust pad configuration. For maximum stability, place pads as close as possible to the rim (edge) of the helmet.

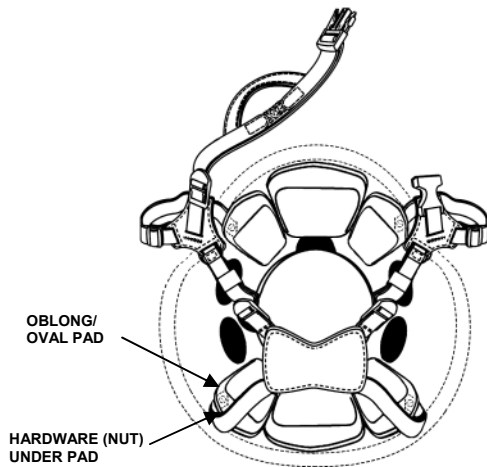
**WARNING**

All seven pads provide maximum impact protection. Do not wear the helmet without the crown pad. Failure to observe this precaution could result in serious injury or death.

The hardware inside the helmet, where the retention system attaches to the helmet (in four places), must be covered by padding. For maximum safety and stability, place the oblong/oval pads as close as possible to the brim of the helmet as the retention system allows, and ensure that they completely cover the hardware. Failure to observe this precaution could result in serious injury or death.

**NOTE**

When donning the helmet for the first time in a cold environment, it is necessary to wear the helmet for a few minutes or otherwise warm the pads, such as by placing in pockets, so that the pads will conform to the shape of your head. As the pads warm up and conform to the shape of your head, it may be necessary to re-tighten the chinstrap and the retention system.



**Figure 14. Cover Hardware with Pads in Four Places.**

- a. Place the pads in the standard seven-pad configuration, either vertically, horizontally, or, for the oblong/oval pads only, at any angle in between. Ensure that all hardware is covered and the oblong/oval pads are as close as possible to the rim (edge) of the helmet. Hardware **MUST** be covered with pads at all times.
- The vertical configuration maximizes airflow for better temperature regulation.
  - The horizontal configuration makes a seal around the user's head and is better suited for cold weather environments.

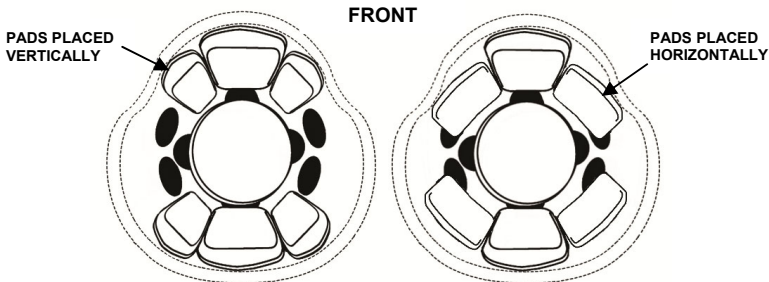
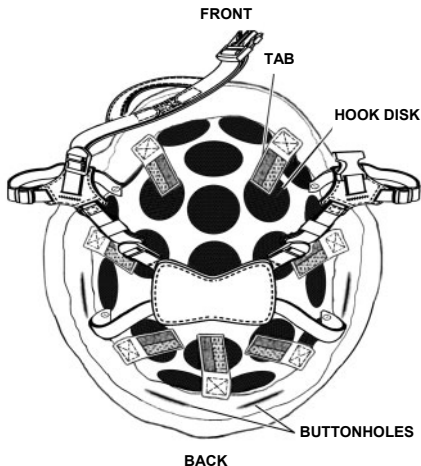


Figure 15. Vertical and Horizontal Pad Placement for Standard Configuration.

**Item 4. Install the helmet cover.**

1. Remove the suspension pads from the inside of the helmet, noting their positioning and arrangement.
2. Orient the helmet cover so that the desired color or pattern is on the outside.
3. Align the end of the cover with two buttonholes at the back of the helmet and the end without buttonholes at the front of the helmet.
4. Pull the cover over the helmet. To make it easier, start at the front and work around the edge.
5. Attach the tabs on the cover to the hook disks on the helmet.
6. Reinstall the suspension pads in the same position and arrangement as before.



**Figure 16. Helmet with Suspension Pads Removed and Cover Installed.**

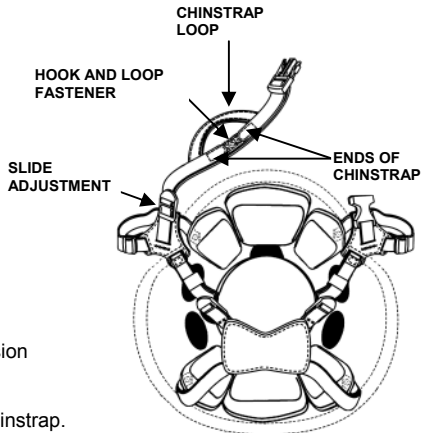
**Item 5. Switch chinstrap buckle (optional).**

**NOTE**

The chinstrap buckle is factory-installed on the left side (as worn) of the helmet. However, if necessary, the chinstrap buckle can be switched to the right side (as worn) to accommodate left-handed shooters.

When properly installed, the hook and loop fastener on the chinstrap will be on the bottom, under the chin, and the chinstrap loop will be on the top of the chinstrap.

1. Remove the helmet cover and suspension pads.
2. Referring to Figure 17, unbuckle the chinstrap. Detach the ends of the chinstrap from the hook and loop fastener. Be sure to unlace the chinstrap from both the buckle on one side and the slide adjustment on the other side.



**Figure 17. Unbuckle the Chinstrap.**

- Reverse the chinstrap. Lace the end that was laced through the buckle end through the slide adjustment; lace the other end through the buckle. Reattach the ends of the chinstrap to the hook and loop fastener. The chinstrap loop will now appear upside down as shown in Figure 18.

SLIDE ADJUSTMENT (SHOWN FROM OTHER SIDE)

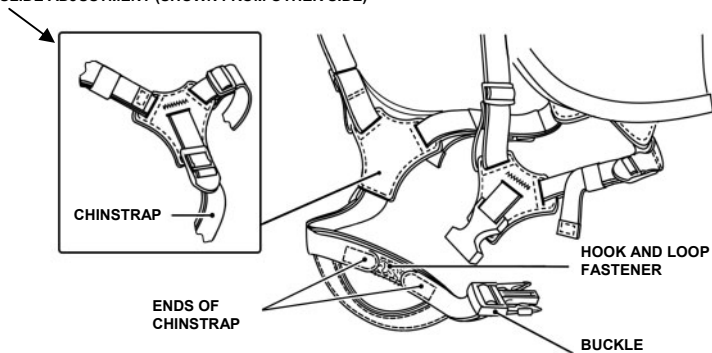


Figure 18. Chinstrap Reversed.



4. Refer to Figure 19. On one side of the helmet, remove the front screw that attaches the front retention strap to the helmet. (The nut will also be removed from the inside of the helmet.) Because you must reinstall the nut in the same manner later, note how the nut is positioned in the front strap inside the helmet.

**NOTE**

If your retention system has two attachment holes in each strap, note which hole on the front retention strap is used.

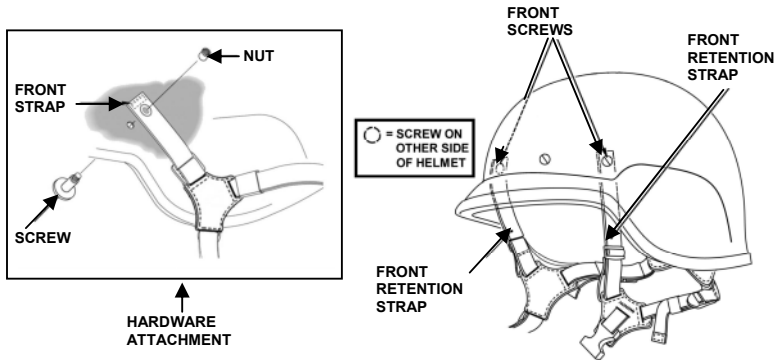


Figure 19. Hardware Locations and Front Straps.

5. Referring to Figure 20, unlace the front strap from the buckle pad. Then unlace the rear strap from the slide adjustment pad.
6. Repeat Steps 4 and 5 on the other side of the helmet to unlace the front and rear retention straps from the pad.

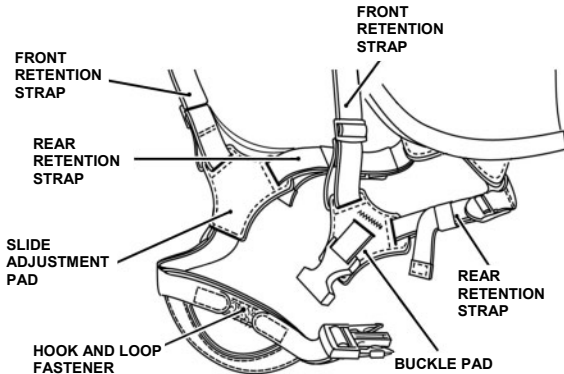


Figure 20. Straps and Pads.

7. Refer to Figure 21. Take the **buckle pad** that was on the left side (as worn) and orient it on the right side of the helmet. Ensure that the buckle side of the buckle pad faces outward. Lace the right rear retention strap through **Slot A** in the buckle pad and elastic loop. Then lace the right front retention strap through **Slot B** in the buckle pad.

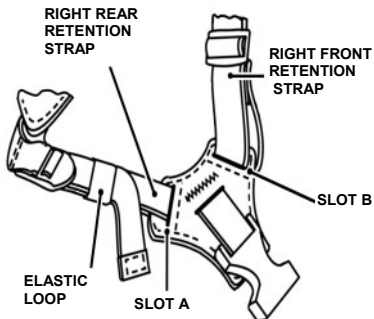


Figure 21. Buckle Pad.

8. Refer to Figure 22. Take the **slide adjustment pad** that was on the right side (as worn) and orient it on the left side of the helmet. Ensure that the slide adjustment side faces outward. Lace the left rear retention strap through **Slot A** in the slide adjustment pad and the elastic loop, then lace it back and through the elastic loop again. Lace the left front retention strap through **Slot B** in the slide adjustment pad.

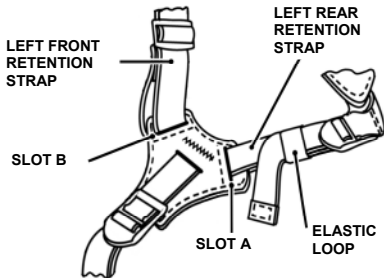


Figure 22. Slide Adjustment Pad.

9. Refer to Figure 23. Attach the right front retention strap to the helmet using the hardware removed previously. Be sure to position the slot in the nut toward the inside of the helmet.
10. Repeat Step 9 on the other side of the helmet to complete the procedure. Ensure that the chinstrap hook and loop fastener is at the bottom.

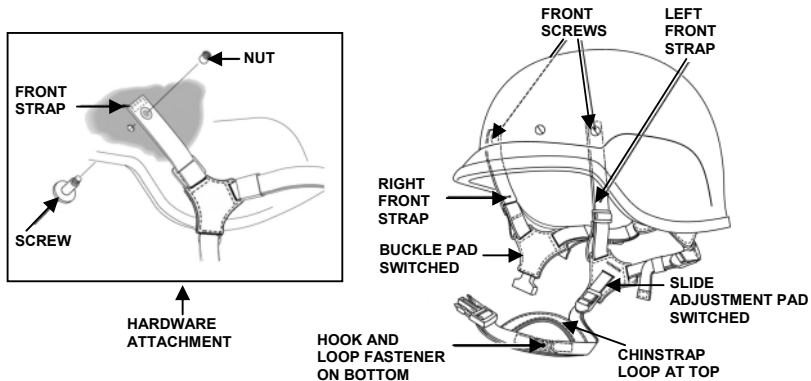
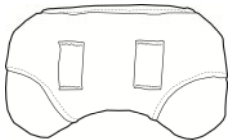


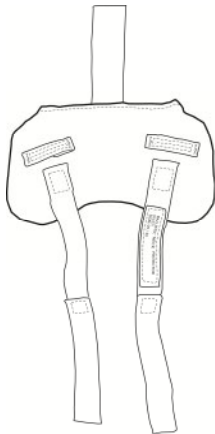
Figure 23. Chinstrap Buckle on Other Side.

**Item 6. Install the Ballistic Nape Protection Pad (NAPP).**

There are two different Ballistic Nape Protection Pads that fit the LWH. One is called the USMC Ballistic Nape Protection Pad, and the other is called the Universal Ballistic Nape Protection Pad. This section provides installation instructions for each model.



**Figure 24. USMC NAPP.**



**Figure 25. Universal NAPP.**

## USMC Ballistic NAPP

### WARNING

For effective protection, ensure that there is no gap between the NAPP and the helmet.

### NOTE

The Ballistic NAPP will be installed over the nape pad on the retention system.

1. Refer to Figure 24 to ensure you have the USMC NAPP.
2. Position the helmet upside down with the back facing away from you, as shown in Figure 26.

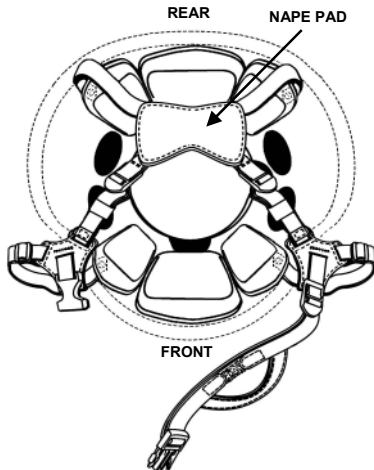


Figure 26. Position the Helmet.

3. Unbuckle the rear retention straps at the bottom of the nape pad from the buckle pad and the slide adjustment pad. See Figure 27.

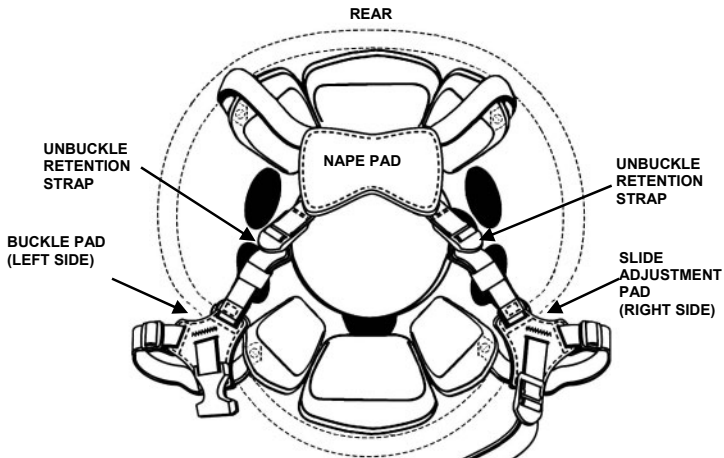


Figure 27. Unbuckle Retention Straps.



4. Insert the rear retention straps through the open pocket at the top of the NAPP, then insert the nape pad into the pocket. Pull the the retention straps through the bottom holes of the NAPP, then fasten the hook and loop closures at the top of the pocket to secure the nape pad within the NAPP. See Figure 28.

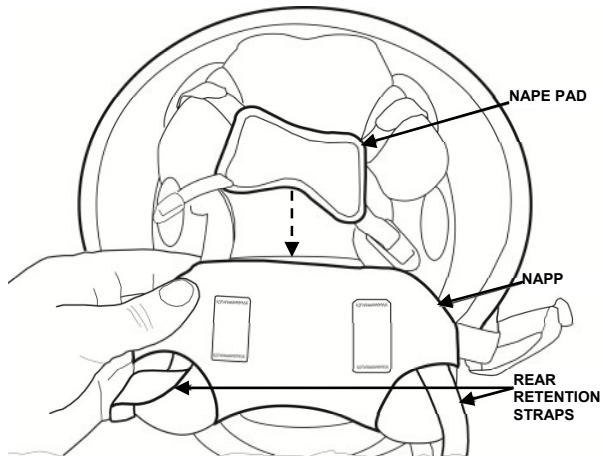
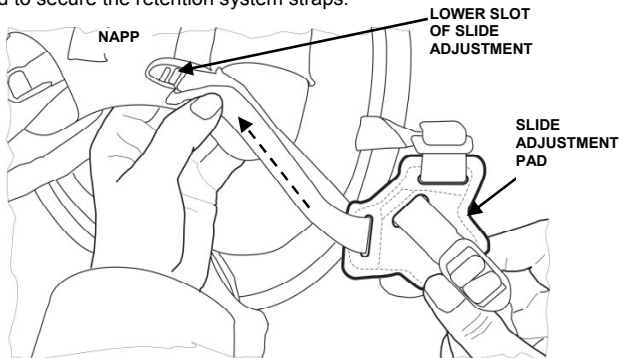


Figure 28. Inserting Straps and Nape Pad into NAPP.

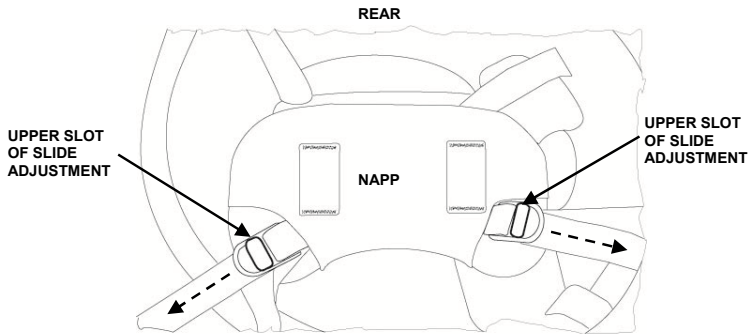
5. On the right side of the helmet, reinsert the rear retention strap through the slide adjustment pad and then through the lower slot of the slide adjustment. See Figure 29. As you're doing so, be sure to slide the strap through the elastic loop that's used to secure the retention system straps.



**Figure 29. Reinsert Retention Strap Through Slide Adjustment.**

6. On the left side of the helmet, reinsert the rear retention strap through the buckle pad and then through the lower slot of the slide adjustment. As you're doing so, be sure to slide the strap through the elastic loop.

7. Lace the rear retention straps back through the upper slots of the slide adjustments to complete the installation. See Figure 30. Be sure to slide the strap through the elastic loop that's used to secure the retention system straps.



**Figure 30. Lace Straps Through Upper Slots of Slide Adjustments.**

8. Don the helmet and check to be sure straps are not twisted. Adjust all straps for a secure fit.

## Universal Ballistic Nape Protection Pad (NAPP)

### WARNING

For effective protection, ensure that there is no gap between the NAPP and the helmet.

### NOTE

The Ballistic NAPP will be installed over the nape pad on the retention system.

1. Refer to Figure 25 to ensure you have the Universal Ballistic NAPP.
2. With the back of the helmet upside down and facing away from you, remove the three rear suspension pads (two oblong/oval pads and one trapezoidal pad). See Figure 31.

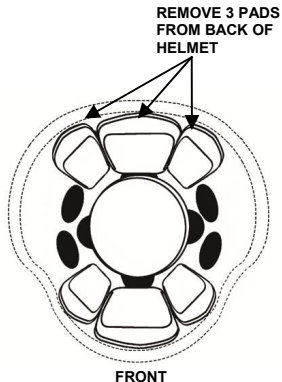


Figure 31. Remove Pads.

3. Unpack the NAPP and open up all tabs. The two side tabs should be facing away from the helmet, and the center tab should be facing toward the helmet.
4. Align the edge of the NAPP along the rear rim of the helmet with the center tab hanging loosely inside the helmet.
5. Attach the center tab of the NAPP to the hook fastener inside the helmet, as shown in Figure 32. Ensure that the edge of the NAPP evenly contacts the rear edge of the helmet.

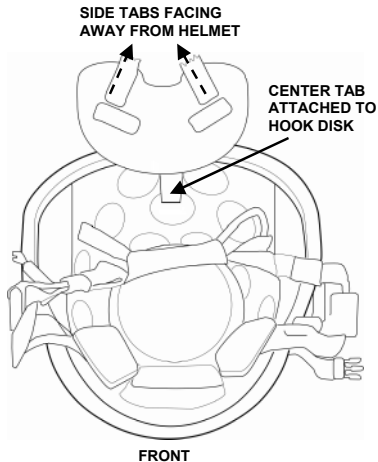
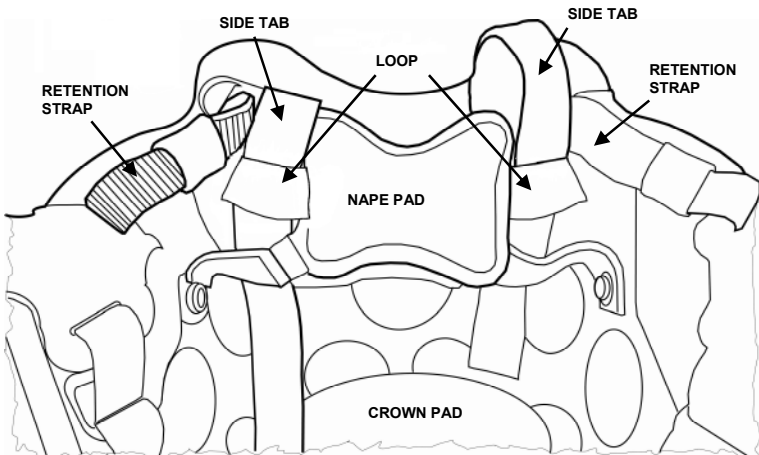


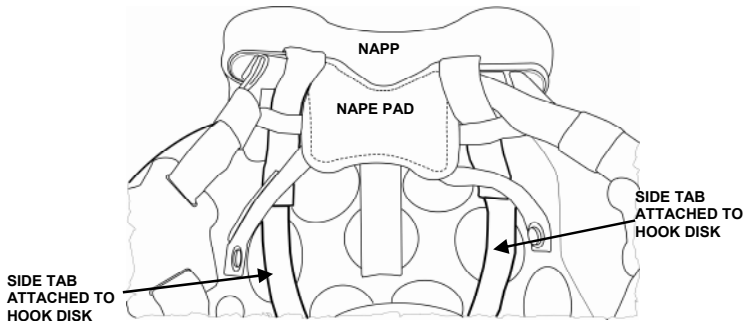
Figure 32. Attach Center Tab.

6. Wrap one NAPP side tab over and around the retention system, and then thread the tab through the loop, as shown in Figure 33.



**Figure 33. Wrap Side Tabs Over and Around Retention Straps.**

7. Attach the side tab to a hook fastener inside the helmet, as shown in Figure 34.



**Figure 34. Attach Side Tabs.**

8. Repeat steps 6 and 7 for the opposite side tab.
9. Adjust all three tabs as necessary to ensure that the NAPP evenly contacts the rear edge of the helmet.
10. Reinstall the three pads you removed from the back of the helmet.
11. Don the helmet. Fasten the chinstrap and adjust all straps for a secure fit.

**BEFORE AND AFTER USE CHECKS**

**Item 7. Inspect the helmet.**

**WARNING**

Failure to follow the inspection criteria may result in reduced head protection, injury, or death.

1. Inspect the helmet in accordance with Table 3.

**Table 3. Inspection.**

<b>COMPONENT</b>	<b>EXAMINE FOR:</b>	<b>HELMET IS NOT READY IF:</b>
Helmet Shell	<p>Dents or cuts longer than 2 inches or deeper than 1 ply of ballistic material, ply separation, or chipped paint.</p> <p><b><u>WARNING</u></b></p> <p>Replace the helmet if there are dents or cuts longer than 2 inches wide or deeper than 1 ply of ballistic material, or if there is ply separation. Failure to do so may result in reduced head protection.</p>	<p>Helmet shell has dents or cuts longer than 2 inches or deeper than 1 ply of ballistic material, or if ply separation exists.</p>



Table 3. Inspection — Continued.

COMPONENT	EXAMINE FOR:	HELMET IS NOT READY IF:
Edging	<p>Missing or loose edging.</p> <p><b><u>WARNING</u></b></p> <p>Replace the helmet if the edging is missing or loose. Missing or loose edging will result in exposed rough helmet edges that may cause injury and reduce helmet durability.</p>	<p>Edging is missing or loose.</p>
Retention System	<p>Torn/frayed webbing, broken nape strap slide adjustments, damaged or missing or loose attaching hardware.</p> <p><b><u>WARNING</u></b></p> <p>Replace the retention assembly if the webbing is torn or frayed, if the nape strap buckles are broken, or if the buckle pad buckle or slide adjustment is damaged. Replace and tighten loose hardware. Failure to do so may result in injury.</p>	<p>Webbing is torn or frayed, nape strap buckles are broken, buckle pad buckle or slide adjustment is broken, or attaching hardware is loose or missing.</p> <p><b><u>NOTE</u></b></p> <p>Use of thread lock compound when replacing or tightening hardware is recommended.</p>

Table 3. Inspection — Continued.

COMPONENT	EXAMINE FOR:	HELMET IS NOT READY IF:
Chinstrap	<p>Broken buckles; torn, cut, or frayed webbing; loose or damaged stitching or worn hook and loop fasteners.</p> <p><b><u>WARNING</u></b></p> <p>Replace any chinstrap that is cut or torn, has broken buckles, or has hook and loop fasteners that do not secure. Failure to do so may result in injury.</p>	<p>Buckles are broken; webbing is cut, torn or frayed; stitching is damaged; or hook and loop fasteners do not secure.</p>
Suspension Pads	<p>1. Cuts, tears or other damage to outer plastic layer or deteriorated inner foam; pads not adhering to hook disks.</p> <p><b><u>WARNING</u></b></p> <p>Replace missing or pads that are torn or cut, expose the inner padding, or no longer adhere to disks. Failure to do so will result in a helmet that may not protect the wearer.</p> <p><b><u>NOTE</u></b></p> <p>Pads should be replaced after 6 months of continuous daily wear. All pads should be replaced at the same time.</p>	<p>Pads are torn, cut or otherwise damaged; or pads will not adhere to hook disks.</p>

**Table 3. Inspection — Continued.**

<b>COMPONENT</b>	<b>EXAMINE FOR:</b>	<b>HELMET IS NOT READY IF:</b>
Suspension Pads (continued)	2. Check pads for compressibility. Pads in service should resist compression the same as new pads when squeezed between forefingers. If pads have lost compressibility, replace them.	Compressed pads do not return to original shape.
Hook Disks	Loose or damaged hook disks. Replace the hook disks as necessary.	Hook disks are damaged such that they will not securely hold the pads in place.
Helmet Cover	Cuts, tears, rips, or frays in fabric; worn hook and loop fasteners.	Helmet covers has any cuts, tears, rips or frays, or hook and loop fasteners do not secure.
Ballistic Nape Protection Pad (NAPP)	Cuts, tears, rips, or frays in fabric; torn or frayed webbing, or worn hook and loop fasteners.	Cuts, tears, rips, or frays in fabric; torn or frayed webbing, or worn hook and loop fasteners.

**Item 8. Clean all components.**

Table 4 lists the cleaning procedure for each of the helmet components.

**Table 4. Cleaning.**

<b>COMPONENT</b>	<b>PROCEDURE</b>
Helmet Shell	Wipe exterior with damp cloth.
Pad Suspension System	Hand-wash with mild soap and water. Rinse well and air dry. (Do not machine-wash or machine-dry.)
Leather Components	Clean with soap, rinse thoroughly, wipe dry with clean cloth.
Retention Assembly	Wipe clean with damp cloth.
Ballistic Nape Protection Pad (NAPP)	<p style="text-align: center;"><b>CAUTION</b></p> <p>Do not machine dry any parts of the NAPP. Failure to follow these precautions could affect the protective qualities of the NAPP.</p> <p>Wipe clean with moistened sponge or cloth.</p>
Helmet Cover	Machine or hand wash. Air dry.
Hook Disks	Clean with soft bristle brush to remove dirt and debris.

By Order of the Marine Corps:

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