

Advanced  
Combat  
Helmet...

**MY STRAP  
HURTS,  
MY PADS  
STINK!**

SUMMER HEAT IN THE  
SANDBOX CAN FOUL  
YOUR ADVANCED COMBAT  
HELMET (ACH).

I'M  
SUPER-  
BAD!

YOUR SWEAT SOAKS INTO THE ACH'S SUSPENSION PADS,  
NAPE PAD AND CHIN STRAP. ADD IN DIRT, GRIME AND  
BODY OILS AND SOON THE PADS AND CHIN STRAP  
REEK. THEY MAY EVEN START TO WEAR OUT.

I DARE  
YOU... TO  
PUT ON THIS  
HELMET!

PHEW!

GAHH!  
I CAN'T  
DO IT...  
YOU WIN!

YOU WON'T  
ENJOY THE  
STINK AND YOU  
CAN'T AFFORD  
THE WEAR.

THE PADS AND CHIN STRAP MUST BE  
IN GOOD SHAPE TO GIVE YOU A SNUG,  
STABLE, COMFORTABLE FIT. THEY HELP  
PROTECT YOUR HEAD AGAINST IMPACT.

THAT'S WHY  
YOU SHOULD  
INSPECT AND  
CLEAN THEM  
REGULARLY.

YOU TREAT  
ME RIGHT AND  
I'LL TREAT  
YOU RIGHT!

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## Inspect

HERE'S WHAT  
YOU NEED  
TO DO...

Inspect the **suspension pads** for damage. Look for rips, tears, cuts, burns or holes. Squeeze each pad between your thumb and forefinger. If it feels stiff, or if it doesn't return to its original shape right away, the pad is damaged and needs replacing.

Inspect the **nape pad** for damage. That includes the cloth carrier and the soft ballistic insert.

Inspect the cloth carrier for:

- Rips, tears, cuts, burns or holes
- Hits by bullets or fragments.
- Hook and loop tab doesn't securely attach the nape pad to the helmet
- Torn elastic
- Discolored fabric
- Carrier has been drenched in gasoline, bleach or lubricants

Inspect the soft ballistic insert for:

- Rips, tears, cuts, burns or holes
- Hits by bullets or fragments.
- Bunching or lumps that can't be flattened

Look at the **chin strap**. Is the hardware cracked, loose or missing? Is the webbing cut, torn or frayed? Are the stitches unraveling?

If your chin strap or suspension pads are damaged through normal wear and tear, take them to the Central Issue Facility (CIF). The CIF can replace the chin strap, hardware and suspension pads.

The CIF cannot replace the nape pad. The nape pad is issued only to deploying units.

For the complete story on inspecting your ACH, see the preventive maintenance checks and services in TM 10-8470-204-10, *Operator's Manual for Advanced Combat Helmet (ACH)* (May 10).

PS MORE

## Cleaning

### Cleaning the Chin Strap and Suspension Pads

To clean the **chin strap** and **suspension pads**, you need cold water, a cloth or soft bristle brush and some mild laundry detergent.

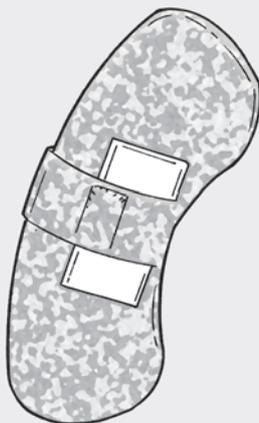


- Remove the chin strap webbing from the hardware. Remove the suspension pads from the inside of the helmet shell.
- Machine wash the chin strap and pads in the gentle cycle with cold water and mild detergent.
- You can also scrub them by hand with cold water and detergent. If you like, let them soak for 10 or 15 minutes before washing. Regular washing gets rid of the salt and oil and helps prevent pad odor. It also makes the chin strap more comfortable to wear and easier to adjust.
- Rinse them thoroughly with clean water and let them air dry. Do not machine dry. You could shrink the fabric or damage the pads.
- While you're at it, clean dirt and debris from the hook disks on the inside of the ACH's shell. A small nail brush or toothbrush works best. Dirt-free hooks and loops keep the pads sticking.

### Cleaning the Nape Pad

#### Soft Ballistic Insert:

- Remove the insert from the cloth carrier. Wipe it with a moistened sponge or cloth.
- Never dunk the insert in water. That can damage the layers of ballistic protective fibers inside. And never machine wash or dry clean it.
- Air dry the insert indoors or in shade. Do not machine dry.



#### Cloth carrier:

- Remove the insert from the cloth carrier. Hand wash the carrier in cold or lukewarm water with mild soap or laundry detergent.
- Never machine wash. It causes too much wear and tear on the fabric.
- After washing, rinse it in clean, warm water.
- Hang the carrier to air dry, either indoors or in the shade. Do not machine dry.

For more on cleaning, see WP 0018 in the TM.

### Extra Suspension Pads

Even though your local CIF can give you replacement suspension pads, it's still a good idea to pack extra pads when you go to the field.

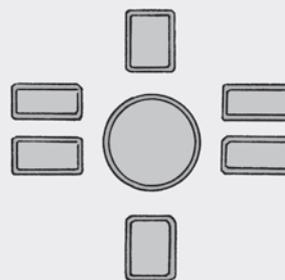


- Not only do pads wear out, they also flatten out with constant use. Eventually they don't offer the degree of padding and protection they should.
- You wear your helmet constantly. If you have only one set of pads, there's little chance for them to dry out.
- In the field you may not have the opportunity to wash them.

Suspension pads come in two sizes:  $\frac{3}{4}$ -in thick (also known as size 6), and 1-in thick (also known as size 8).

You can order size 6 pads individually or in sets of seven. A set includes one circular crown pad, two trapezoidal pads and four oblong/oval pads.

You can order size 8 pads individually but not in sets. Also, the crown pad is not available in size 8. You must order it in size 6.



#### Size 6 Suspension Pads

Description	Quantity	NSN 8470-01-546-
Set	1	9420
Circular Crown	1	9415
Trapezoidal	1	9407
Oblong/oval	1	9356

#### Size 8 Suspension Pads

Description	Quantity	NSN 8470-01-547-
Trapezoidal	2	2795
Oblong/oval	2	2802

It's also a good idea to order **hook fastener tape (hook disks)**, NSN 8470-01-506-6742. They hold the pads in place. The disks have adhesive backing that sticks to the inside of the ACH's shell. The outer side of the disks is made of hook fastener. The pads are covered with loop fabric on one side, and they cling to the hook fastener. The NSN brings a roll of 500 disks.

For more repair part NSNs, check out the TM online :

<https://www.logsa.army.mil/etmpdf/files/080000/080445.pdf>

Keep plenty of hook fastener tape on hand

