



# **BRSCC LMA Euro Saloon & Sports Car Championship 2007**

**In association with Practical Performance Car**

## **Awards Evening**

**Last chance to book!**

Booking by Friday 19<sup>th</sup> of October please, see me if you need an Invite. We are still taking nominations for awards again come and talk to me.

### **HANS Devices & other safety equipment.**

Over the years we have been very fortunate to get the benefit of vastly improved safety equipment. Seats, harnesses, race-suits, helmets, (as well as the cars themselves), have improved immensely. The most recent items to have become readily available are HANS (Head and Neck Support) devices.

When we "upgraded" to a Super Tourer at the start of the 2006 season I needed to get a new crash helmet, so decided to invest in one with the necessary posts to enable the use of a HANS device. Whilst serious injuries or fatalities are very rare in British motorsports, make no mistake, they do happen. A couple of recent such incidents would probably have been avoided if the drivers had been wearing HANS devices, and it was this that decided me to try one.

Having discussed the pros & cons with several drivers who had been using them (in many series such as BTCC, Formula BMW, Renault Etc. they are compulsory), there was a mixed reaction. Some found them bulky and uncomfortable, whilst some said they didn't even notice they were wearing them. One thing everybody agreed on was that they did offer a greater chance of you not getting a neck injury in an accident.

From my perspective I can only say that I have not noticed any discomfort in using HANS. There is a very small limitation to the amount you usually move your head, and certainly getting strapped in is harder, to ensure the shoulder straps go over the HANS frame correctly. That apart there is no other difference to not wearing one.

One point I would like to make is that I know several of you wear foam type neck supports. Now I am no expert in this, but I have been told by a specialist in neck injuries to be aware that these devices are designed for use in Karts, where you are not strapped in. In some instances their use in cars could actually make any neck injury worse because of the way they "lever" your head in the course of an accident. I have no way of knowing if this is true or not, or if the use of a foam type neck support increases or decreases the potential injury in an accident. It is just a point worth mentioning.

There is no doubt however that a HANS device, whilst costly (the device, together with the helmet posts will cost around £600-£700), is the only properly designed item to restrain your neck in a big accident, (ask Robert Kubica after his accident in Canada if you don't believe me!)

If you decide to go the HANS device route make sure you get the correct angle one (there are different angles for saloons, sports and single seaters), and make sure that whoever puts the posts into the helmets inserts them correctly, (we have seen a couple of home-done botched efforts!)

HANS devices may not suit everyone, but I would recommend that you give them some thought.

John Hammersley (Honda Accord No. 50)

### **Contact Details**

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this line is answered by Stuart Cumming of LMA.**

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