



## Safety football helmets- Protect You from Harm

I just read an interesting article in the New York Times about the safety features on the [Football Helmet Visors](#) we use for playing American football. It is a comprehensive report of more than 5 pages, but I thought it important to share with you, but of course, already summarized.

The note begins with you all thought the label accompanying the hulls where indicates that "meets the requirements of the NOCSAE "means a helmet that is completely safe and is designed to prevent impact injuries (fractures, concussions, etc...), and it is there where the confusion lies.

Current standards NOCSAE (Commission National Operating Standards for Sports Equipment for its acronym in English) were created in 1973 and have not changed much since then. Its main objective is to prevent skull fractures, but does not provide parameters to prevent concussions or other injuries.



Even new models Riddell, Schutt or Adams, sold under the label of which decrease the risk of concussions, are offering an illusion of greater protection than the actual offer. If you say that a helmet reduces the risk of concussion, unconsciously assume that protects you from this type of injury, though perhaps only reduces the risk by 1%.

Did you know that more than 100 players from high school and college level (in the U.S.) died in the early 60s by skull fractures and other internal injuries? For this reason the standard is created and these lesions practically disappeared, so we can say that the standard met its goal. But the sport has changed, the size and speed of the players have increased considerably and the technology of Football Helmets had not changed much.

NOCSAE standards for Lacrosse and Hockey, include evidence to withstand blows that create concussions, but Football Helmets like American have tested efficiently eliminate the causes of death have remained calm and without thinking now include protection against this other guy injuries.

The independent companies have made efforts to improve their designs and reduce the risk of concussions with the aim of improving the sale of their products. The advantage goes to their new Football Helmets Ridell Revolution showing that reduced the risk of concussions by 31%, although they have their detractors, it is said that they have done tests do not meet the necessary to be considered scientific, even under conditions considerably favoring new Football Helmets.

Schutt who is second in the market, has released models that are supposed to reduce the risk of concussions, and even have a video in which they show as a MELON covered with plastic material are those Football Helmets does not break when you hit a ball bowling.

The NOCSAE is comprised mainly of representatives of various sporting goods companies and their budget is received from the same companies that are evaluating. The largest investments come from those that make Football Helmets. A sound you this?

It is not easy raising his voice in a problem like this, with the type of companies involved. Well, if you indicate that any helmet is better, technically you're saying that the others are not and therefore you can get into a legal battle with these companies.

To this we must add that the majority of young people and children have the ability to buy new helmets regularly, or in places where you can not easily get. So the use of helmets used, rebuilt and even in bad conditions is frequently used.

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