

# Frontal Head Restraints (FHRs)

## Competitor guidance



## What is an FHR?

A Frontal Head Restraint (FHR) is a system designed to reduce injury by limiting forward head movement in the event of an accident.

### Do I need to use an FHR?

From 1 January 2016 the use of an FIA-homologated FHR is mandatory in MSA National Events \* for the following competitors:

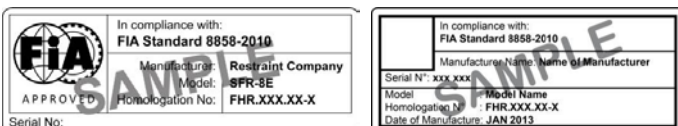
- All drivers and co-drivers in Stage Rally events, with the exception of Historic Category 1 vehicles (pre-1968).
- All drivers in Circuit Race events, with the exception of Period Defined vehicles (pre-1977).
- All drivers in Sprint and Hill Climb events, with the exception of Roadgoing category vehicles & Period Defined vehicles (pre-1977).

For details on Period Defined vehicles, please see the definitions in the MSA Yearbook Section B (Nomenclature and Definitions).

### Is the FHR I am interested in FIA-homologated?

FHR systems must be FIA-homologated. There are currently two FIA FHR standards: FIA 8858-2002 and FIA 8858-2010.

The FHR will bear the FIA homologation sticker, in a prominent position, stating compliance with 8858-2010 or 8858-2002.



A full list of FIA Homologated FHR systems can be found in *FIA Technical List No.29*.

The FIA Technical lists can be found on the FIA website at the following address: <http://www.fia.com/homologations>

### Is my helmet compatible with an FHR?

FHRs can only be used with helmets on Technical Lists No.33, No.41 and No.49. Additionally, for MSA National events only, they can be of SNELL SA2015 or SAH2010 standard:

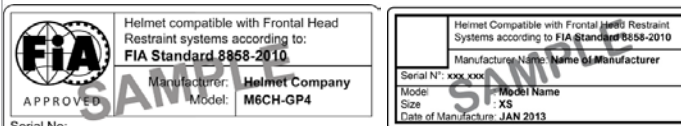
- **FIA Technical List No.33** – Approved helmets according to FIA 8860-2010 & FIA 8860-2004
- **FIA Technical List No.41** – Approved helmets compatible with FHR according to FIA 8858-2010 & Approved helmets compatible with HANS according to FIA 8858-2002.
- **FIA Technical List No.49** - Approved helmets according to FIA 8859-2015.

### What does this mean for my helmet's standard?

All FIA 8860, FIA 8858 and FIA 8859-2015 standard helmets are compatible with FHRs as a matter of course.

Snell SA2005 & SA2010 standard helmets must be listed on *FIA Technical List No.41*.

Helmets approved as compatible with FIA Standard 8858-2010 and shown on *Technical List No.41* part one will feature the FIA 'Helmet compatible with FHR systems' label shown below.



Helmets approved as compatible with FIA Standard 8858-2002 and shown on *Technical List No.41* part two will have the FIA approval label shown below.



### FOR MSA NATIONAL EVENTS ONLY\* –

Helmets to Snell SAH2010 and SA2015 standards are approved for use with an FIA-homologated FHR without the need for additional FIA labels. For these helmets the

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anchorage posts must be marked as homologated to FIA 8858-2010.

## Can I fit helmet tether anchorages myself?

For helmets approved in accordance with FIA standards 8858-2010, 8859-2015 and 8860-2010 and for Snell SAH2010 and SA2015 standards for **MSA NATIONAL EVENTS ONLY\***, the anchorages can be fitted by anyone. If you are unsure as to how to fit the helmet tether anchorages, please refer to the helmet manufacturer or agent for advice.

For helmets approved in accordance with FIA 8858-2002 and 8860-2004 the anchorages may only be fitted under the supervision of the manufacturer or their appointed agent. The FIA label is applied to the helmet to confirm that the anchorages have been fitted by the manufacturer or their appointed agent. It is not possible retrospectively to fit anchorage posts to helmets approved as compatible with FIA 8858-2002.

## Are the helmet tether anchors homologated?

The post anchors will be engraved with FIA 8858-2010 or FIA 8858-2002. A list of homologated post anchors can be found in [FIA Technical List No.29](#).

## Are the FHR tethers homologated?

The FHR tethers will bear an FIA label detailing Standard 8858-2010 or FIA 8858-2002.



A list of homologated tether systems can be found in [FIA Technical List No.29](#).

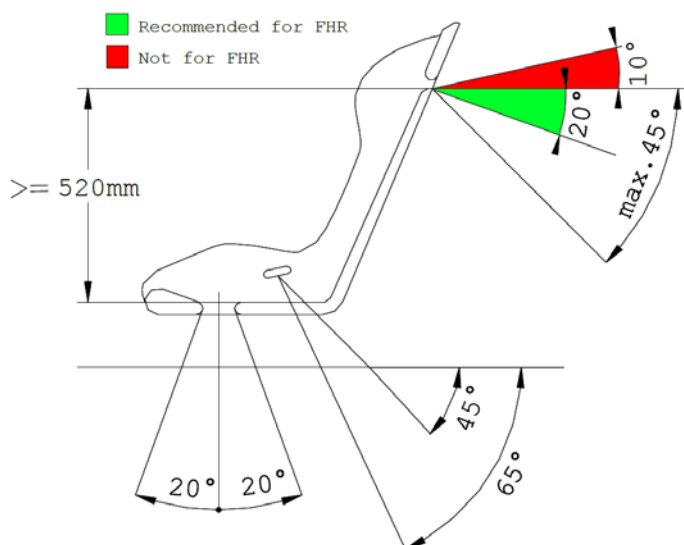
## Do I need to use a specific type of harness?

All FIA homologated harnesses are compatible with an FHR. There are specific FHR harnesses available on the market, which some users may find more comfortable to use.

## Does the harness need to be installed in a specific way?

The harness shoulder straps must be mounted between 0-45 degrees below the horizontal. However, when used with an FHR, the harness shoulder straps are recommended to be mounted between 0-20 degrees below the horizontal, as shown in the diagram below.

To achieve this angle the harness may need to be mounted to a harness bar incorporated into the vehicle's ROPS (Roll Over Protection System).



## Can I fit a harness bar to my ROPS?

**FOR MSA NATIONAL EVENTS ONLY\***, regulation (K)1.2.2 has been amended (see below) to allow a harness bar to be fitted to any ROPS, including homologated ROPS, without affecting the existing homologation, providing that it is compliant with (K)1.3.9.

**(K) 1.2.2.** *The ROPS must not unduly impede Driver and Co-Driver access to the vehicle. Members may intrude into the interior space by passing through the dashboard, front side trim, rear side trim, and rear seats which may be folded down. ROPS must not extend beyond the front upper or rear suspension mounting points of the vehicle. Any modification to a homologated ROPS (other than fitment of door bars and harness bars) is prohibited. Tubes must not carry any fluids.*

*\*An MSA National Event is an event held under the authority of National or Clubman grade permits within the territory of the Motor Sports Association.*

If you have any queries regarding the fitment and use of an FHR, please do not hesitate to contact the MSA Technical Department on 01753 765000 or [technical@msauk.org](mailto:technical@msauk.org).