ENERGY ABSORPTION TESTS

**Energy Absorption Test vertical**
- 5 kg falling mass
- 2.0 m height
- Impact force:
  - EN ≤10 kN
  - UIAA ≤ 8 kN

**Energy Absorption Test frontal, lateral and dorsal**
- 5 kg falling mass
- 0.5 m height
- 60° incline
- Impact force:
  - EN ≤10 kN
  - UIAA ≤ 8 kN

**Penetration Test**
- 3.0 kg falling mass
- 1.0 m height
- The peak of the cone shall not touch the head form.

**Strength Test of Chin Strap**
- 500 N pull
- No breakage, extension ≤ 25 mm

**Slippage Test frontal and dorsal**
- 600 mm distance
- 10 kg falling mass
- 175 mm marking on the headform
- The helmet shall not leave the headform

---

*Note: This representation of EN 12492 and UIAA 106 does not contain the full details of the test methods and requirements in these standards; it gives only a simplified pictorial presentation.*

*For full details, EN 12492: 2012 and UIAA 106: 2013 should be consulted.* © UIAA, 2020