



# ASN Safety Bulletin #14



There are two types of Frontal Head Restraint (FHR) systems approved for use in competitions registered on the FIA Calendar: HANS and Hybrid.

Both are designed to stop a driver's head from whipping forward in a collision but do so in different ways and must be worn correctly to ensure optimal performance.

The video above shows how to wear a HANS device.

When G-force is generated in an impact, the HANS ensures that the helmet moves with the driver's torso and protects the neck and skull. To ensure maximum safety in an impact, drivers must ensure that the HANS device is placed under the shoulder straps of an FIA-approved harness.



The collar angle must be setup between 60° and 90° from the horizontal, and the distance between the leading edge of the HANS collar and the point of connection to the outside of the helmet must be 150mm (+/- 25mm).

The angle of the shoulder belts should be between 10° and 25° viewed from above, and between 0° and 20° viewed from the side. Make sure the shoulder straps run freely between the shoulder slots. You can view the detailed information to help competitors on the selection and installation of HANS device by following the [link](#).

The HANS must only be worn with FIA Homologated helmets. You can download a list with the FIA-approved FHR systems (TL36), a list with the approved models (TL29), and a list of helmets that can be used by following the links: TL [41](#), [49](#), [33](#) and [69](#).

