

What is the FHR thing all about.

Well firstly what is a FHR.

It is a Frontal Head Restraint. You hear the term HANS device (Head And Neck Restraint) a lot. But a HANS device is a trade name, it was as far as i know the first. It is a little like Biro a trade name for a Ball Point pen that has become the shorthand version and common name. The acronym HANS ended up as the generic term for a FHR in lots of early regulations and attempts to bulk change it (to FHR) has caused a few glitches.

Why have one.

Well everyone knows it is not the speed that kills but the sudden stop.

As your car hits the wall, if your body is not tied to your seat, it keeps going and splats the inside of the car.

Everyone knows that now, and seat belts and now airbags save a lot of hurt.

But research back in the 1980's showed that one part of your body was not tied to the seat and kept going. That heavy lump at the top, which we put in a heavy helmet to stop the car putting holes in it when it goes from 200kph to 0 in 6 milli secs.

But your head and helmet is attached to your body that is tied to your seat. What alone stops it moving is your spine, which even stopping from 30kph can get stretched and snapped.

So think of the FHR as a seatbelt for your most important bit....your head.

The data on how effective a FHR is is unambiguous, they work.

<https://www.caranddriver.com/features/a15121817/the-physics-of-how-the-hans-device-saves-lives-feature/>

They have been in use and compulsory in higher levels of motor sport for some time.

But they have been slow in working down to club motorsport.

Now to actually work they have to be attached to your helmet and have compatible seats and harnesses and cages. These MUST already be in almost all vehicles that are subject to a CAMS logbook.

Where to in 2020

Logbooked

So in 2020 if you have a logbooked vehicle you will have to have one.

Because they would already have the needed seat and harness.

You must have a FHR... you might need a different helmet.

And as state level events reference log booked classes, they will have to be used in 2020 in the Victorian State Supersprint Championship.

<https://www.cams.com.au/media/news/2018/12/20/fhr-in-speed-events>

Road Registered

Now a really modern road registered car has lots of airbags that help stop your head snapping off. But there are hybrid FHR devices that will also work with a lap-sash, not as well as a full rigid race seat, race harness and cage. But much better than nothing if it is an older car without 9 airbags.

If you have a Road Registered Car but it has race seat and harness etc.

You must have a FHR... you might need a different helmet.

If you do not have a rigid race seat and full harness, buy a hybrid FHR anyway.

Modified

Now what if you have your own non logbooked, semi registered one you have made in back shed. Well, if only for just your own protection, you should have already put in a cage, race harness & real race seat.

It is not fair putting that risk on your club, the volunteers who are working at your event and your family. So put it all in, and the FHR.

Conclusion

If you have a Vehicle (road registered or logbooked) with all the required stuff to make it work.

You **MUST** have a FHR... you might need a different helmet.

If you have a vehicle that competes in our Non Logbooked Category that is **NOT** Road Registered.

If your vehicle already has all the required Seat and Harness etc please buy one anyway.

NOTE: Some Individual Clubs or Series may now require you to have one if you already have that support equipment. (we are still discussing this for VSSC)

If your vehicle does not have all the needed stuff, put it all in and buy one.

If you do not want to do that at least buy a hybrid one.

Now I have been looking at the Current use of FHR around the VSSC and club events.

A lot of people already have them, the cost is not that high if you do not. I know several people at club level that wearing a FHR has saved their life style.

Ask for a FHR for (Fathers or Mothers or Birth or Name) Day or Christmas.

For this year. <http://www.revolutionracegear.com.au/?PCID=25886>