

# PASGT PROPER WEAR AND ADJUSTMENT GTA 07-08-001

## If the PASGT is too tight or loose:

- Adjust headband in small increments.
- Reposition headband on the web strap.
- Adjust headband clip in area that feels tight.
- Try different shell size.

## If the PASGT is too high:

- Judge at brow and ear opening.
- Adjust drawstring tab toward helmet crown.
- Try next larger shell size.

## If the PASGT is too low:

- Adjust crown drawstring tab toward rim.
- Try next smaller shell size.

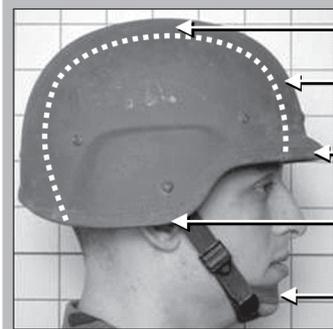
## Parachutist helmet modifications:

- Retention strap hook-pile tape faces rear.
- Check pads for tears and compressibility.

### References:

PASGT: Natick PAM 70-2  
 ACH: TM 10-8470-204-10  
<https://www.peosoldier.army.mil>

**Proponent: U.S. Army Infantry School  
 Fort Benning, GA  
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- Top of the head must touch suspension band.
- ½ inch space between head and helmet.
- Helmet is level or slightly canted backward.
- Helmet should cover ear canal opening.
- No cut, frayed, or loose stitching on webbing.
- No cracked, worn, or damaged hardware.

**WARNING! Risk of serious injury or death is greater with improper helmet wear.**



- Headband is attached to web strap with 6 clips.
- Helmet level side to side, not twisted or canted.
- Front rim at top of eyebrow.
- Retention straps evenly adjusted and snug.
- Small chin strap in front of chin and level.

# ACH PROPER WEAR AND ADJUSTMENT GTA 07-08-001

## If the ACH is too tight:

- Rearrange side pads in a vertical, diagonal, or horizontal configuration.
- Remove front or back pads and rearrange side pads.
- Create space in the area that feels tight.
- Try next smaller pad size.
- Try next larger shell size.

## If the ACH is too loose or unstable:

- Rearrange side pads in a vertical, diagonal, or horizontal configuration.
- Tighten chin strap retention system.
- Increase number of pads.
- Try next larger pad size.
- Try next smaller shell size.

## If the ACH is too high:

- Judge at brow and ear. Soldier should see rim of helmet when looking up. Portion of ear above ear canal is covered.
- Try next smaller sized pad set.
- Try next larger shell size.

## If the ACH is too low:

- Try next larger sized pad set.
- Try next smaller shell size.



- Top of head must touch the crown pad.
- ½ inch space between head and helmet.
- Helmet is level (front to back).
- Crown pad size #6 must always be worn.
- All 7 pads are worn for high-risk operations.
- Portion of ear at or above ear canal is covered.
- Minimum of 5 pads used (including crown pad). (Soldier is at increased injury risk w/less than 7 pads.)
- Hardware covered by pads for high-risk operations.
- Check pads for tears and compressibility.

**WARNING! Risk of serious injury or death is greater with improper helmet wear.**



- In cold, allow pads to warm to conform to the head.
- Retention system nuts and bolts are tight.
- No cut, frayed, or loose stitching on webbing.
- Helmet inner hook disks are attached to helmet.
- No cracked, worn, or damaged hardware.
- Helmet is level (side to side), not twisted or canted.
- Front rim is not more than ½ inch above eyebrows.
- Retention straps are evenly adjusted and snug.
- Small chin strap is in front of chin and level.