

Paddling Personal Protective Equipment (PPPE) Lifespan

Disclaimer

It is generally advised that all Paddling Personal Protective Equipment (PPPE) kit is regularly inspected as premature damage/aging is possible outside of the manufacturers stated limits below. Even new PPE should be inspected for manufacturing defects before use.

It is also advised that PPPE kit should be purchased new, as this is the only way to guarantee its usage history. If kit is purchased second hand it is strongly advised this is done after inspection.

Key areas of inspection for Personal Flotation Device's

- Stitching on shoulder straps and harness points
- General condition looks good. Kit will age and fade in direct sunlight and regular exposure to water
- Most importantly the flotation offered by the PFD reduces with age. It's important to ensure the foam is dense and intact

Key areas of inspection for Helmets

- Outer shell free from cracks, splits, or major abrasions that can be felt with a finger nail
- Inner shell comprising all original manufacturer fittings
- Stick on camera fittings are fine but no attachments that penetrate the helmet shell
- Strapping tight, uncut and all requisite clips and adjusters functional

If in doubt, avoid the purchase of second-hand equipment.

The below advice is as per manufacturer website at 09/06/2025, please see manufacturers website for updated instruction as these may well be updated.

Astral

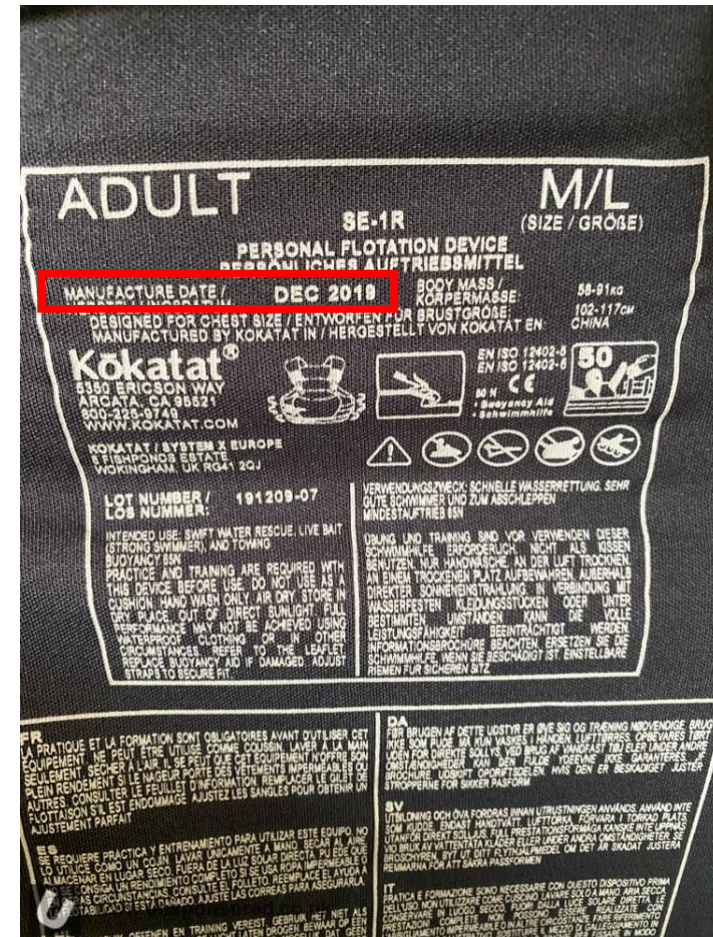
PFD lifespan

Astral PFDS have a recommended lifespan of approximately 5 years, or 300 days on the water (See example manufacturing date on label below), whichever comes first. It's also important to inspect your PFD regularly for any signs of wear and tear, and to consider replacing it sooner if you notice any damage or a decrease in buoyancy.



Kokatat

Kokatat PFDs can typically last 4-6 years or even longer, potentially up to 500 hours of use. Factors like storage conditions, frequency of use, and the material's denier can influence how long a PFD will last.



NRS

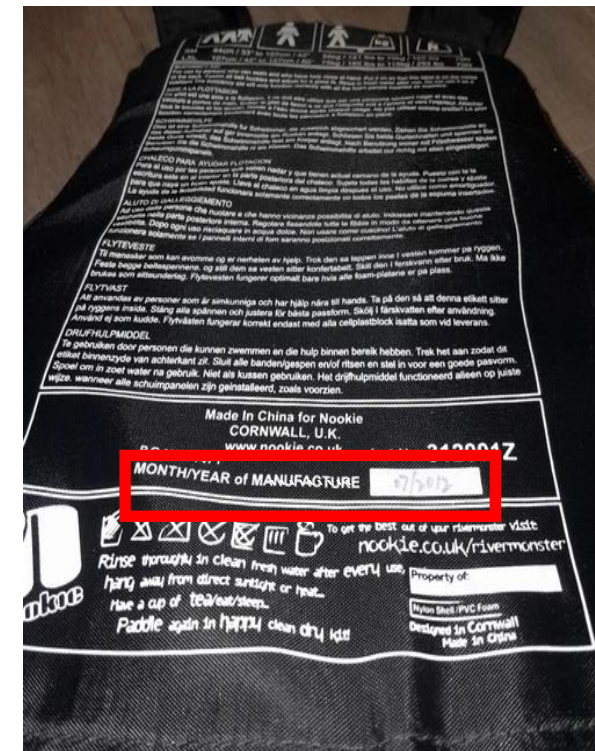
No information beyond 2011. CHECK MANUFACTURER ADVICE

Nookie

PFD Lifespan

As a manufacturer we are expected to offer guidance on lifespan and although this is not to say the product won't last longer we would expect a buoyancy aid in regular use to have a life span of approximately 3 years in commercial environments. However, other factors can reduce its life time. Nookie PFDs have a maximum lifespan of 10 years after which they must be retired from use regardless of condition. Every PFD has a 'Month/Year of Manufacture' & Batch No. printed on the inside. It is this date of manufacture that the 10 year lifespan limit exists.

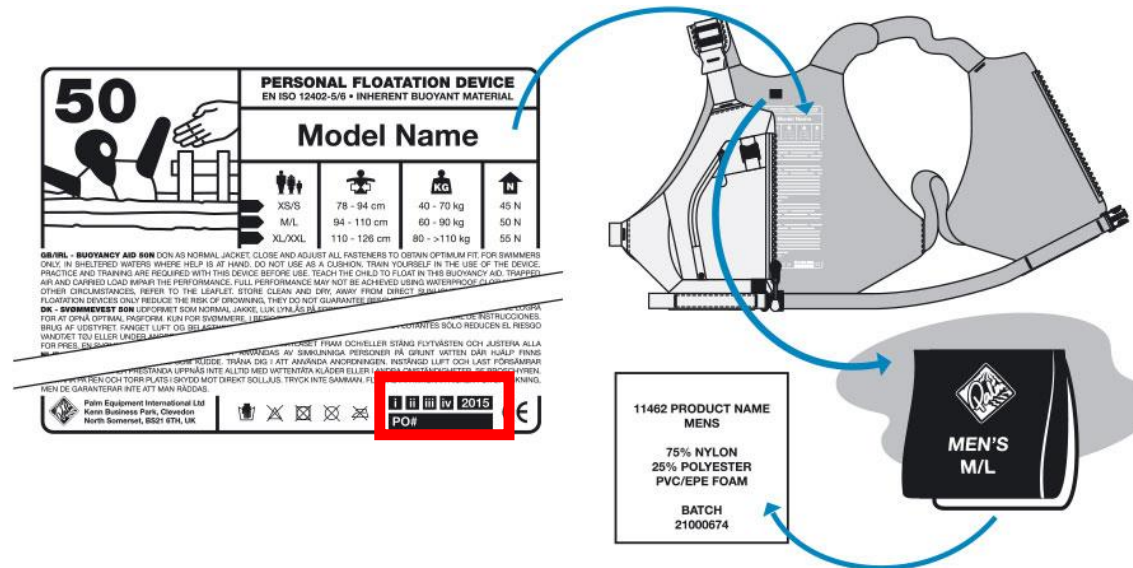
(See example manufacturing date on label)



Palm

PFD lifespan

Maximum lifespan – Palm PFDs must be retired 10 years after purchase, regardless of condition (see [lifespan policy](#) for details). See example manufacturer date label below



No use	Light use	Medium use	Heavy use	Intense use
Left unused and stored.	Used irregularly (16 hours/month)	Used regularly (8 hours/week)	Used regularly (2 hours/day)	Used constantly (3+ hours/day)
10 years	5 years+	3-5 years	2-3 years	1-2 years

Helmet lifespan

Maximum lifespan – Palm AP2000 and AP4000 helmets have a maximum lifespan of 10 years – Palm Shuck helmets have a maximum lifespan of 5 years from date of purchase (see [lifespan policy](#) for details) – after which they must be retired regardless of condition. However your helmets condition and lifespan will vary depending on the volume of use it incurs.

All helmets degrade with time – webbing, buckles and shell material are subject to wear and tear, the effects of UV or from impacts. How long your helmet lasts will be affected by how often they are used, the environment in which they are used, and how well they are maintained.

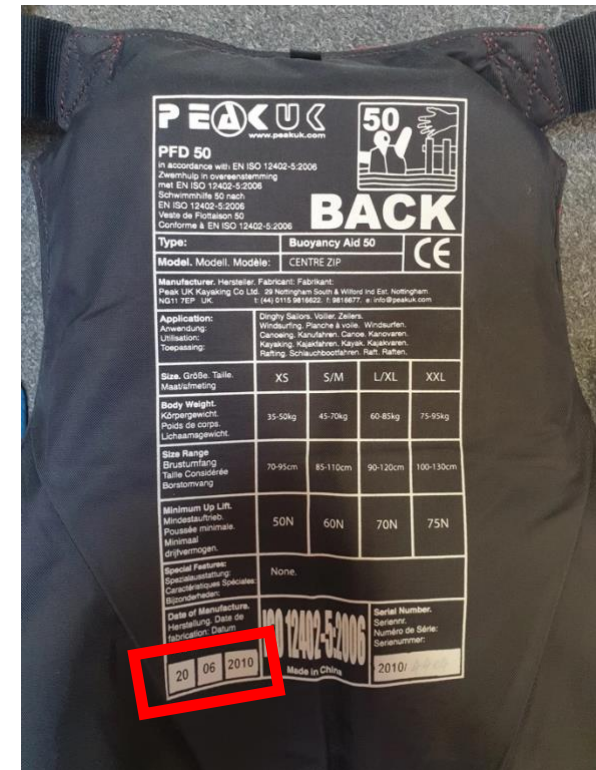
No use	Light use	Medium use	Heavy use	Intense use
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Peak

PFD Lifespan

With regards to shelf life, Peak recommend that your PFD is replaced (at the latest) ten years after its date of manufacture. The date of manufacture is printed inside the PFD (see image for example)

Lifespan: The lifespan of your PFD depends heavily upon the conditions of storage and type of use it is exposed to. With good care and the appropriate storage (i.e. cool, dry and dark place) our PFDs should give many years of safe use. Paddlers using their PFD on a semi regular basis will enjoy several years of use. Paddlesport professionals, activity providers and centres will however need to replace their PFDs more often. Regular inspections and buoyancy tests are advisable. If the PFD no longer floats a suitable weight, looks badly faded, threadbare or damaged, it is advisable to replace it. It is the responsibility of the PFD owner to service, maintain and retire PFDs when they reach their end of life.



Helmet Lifespan

The helmet is a complete system consisting of shell and harness. The useful life of a helmet is affected by many factors, including heat, cold, prolonged exposure to direct sunlight, abrasion and misuse. Before use this product can be stored in its original packaging for up to 5 years in a darkened room at ambient temperature. The helmet should be examined before each use for obvious signs of cracking, brittleness, or damage to either shell or harness. Whilst a helmet is free from these defects it is suitable for its intended purpose. Under normal circumstances the helmet should offer adequate protection for up to 5 years. However, in some intensive use situations the adequate protection period could be substantially reduced. Helmets are a protective aid and whilst affording the wearer adequate protection do not protect the wearer against every eventuality.

Sweet Protection

Your helmet is made to absorb some of the potential energy of a blow. Even though damage may not be visible or apparent, it is infinitely important that any helmet having suffered from a major impact in an accident, or has received a similarly severe blow, should be replaced. An inspection of the helmet might not reveal any apparent damage, but it might be there.

Sweet Protection also advises that any helmet should be replaced after approximately three years of normal use, or even sooner if exposed to long periods of sun, hard use, or any contact with chemicals. There are many variables to how often you should replace your helmet depending on how the helmet is treated (use, carefulness, travel, vibrations etc) what kind of conditions they are used (sun, heat, cold etc) as well as storing the helmet (temperature, humidity). For these reasons, we recommend all of our customers to change out their helmets for safety measures.

The helmet must also be replaced if it does not fit anymore.

YAK

No information beyond 2011. CHECK MANUFACTURER ADVICE