BETA wording on Body Protectors:

Body protectors should be replaced at least every three to five years, depending on frequency of use and how well the garment has been cared for. **After 5 years the impact absorption properties of the foam may have started to decline** and if the garment sustains impacts through falls, then the ability of the foam to absorb future impacts will have been compromised.

You should be wearing a garment bearing the current BETA 2018 Standard.

If you should have a heavy fall, your body protector should be checked immediately for dents. The foam will expand back to its original shape within 30 minutes; but if a dent is showing on examination, then it’s likely that this part of the garment has lost its impact absorption properties and should be replaced.

Hidden damage that a body protector may have sustained is also a good reason for **avoiding second-hand garments or those with unknown histories**. Taking good care of your body protector means that it will last longer within the three to five year recommended lifespan. So don’t leave it lying around at the yard or in the lorry to be chewed and trodden on. Spending too much time in a hot car or damp tackroom won’t do it any good either.