

# CEILING TYPE

## Adjustable Head Restraint (AHR)

### Head Restraints

Head Restraints provide the necessary restraint to the top of masonry walls. They allow for vertical movement to accommodate shrinkage or thermal movement of the wall or structural frame, while restraining wind loads.

### Internal Head Restraint

The Internal Head is used for restraining the top of internal walls or the top of the inner leaf of a cavity wall.

The opening at the front of the channel stem is sealed to prevent mortar ingress and to ensure that vertical movement can take place between the block work and the structure.

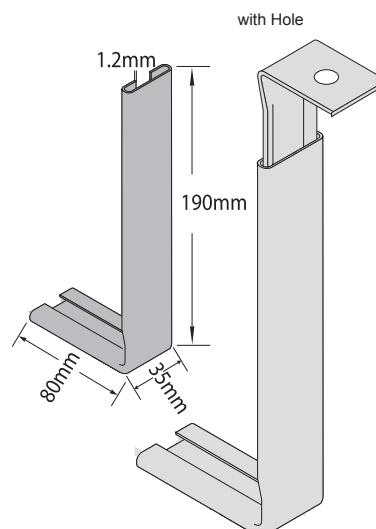
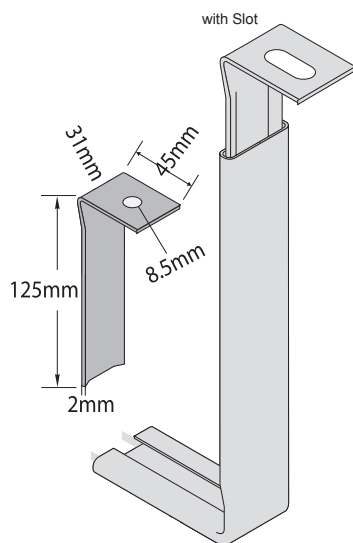
The base of the stem must be built within a bed joint with the centre of the stem no closer than 50mm from the edge of the block.

The vertical joint should be filled with mortar each side of the stem.

The maximum joint between the top of the block work and the underside of the frame is not normally greater than 25mm.

The standard of head restraint will suit a 215mm high block and can resist a load of 1.5kN\*.

Where the gap at the top increases from 25mm to 50mm, the working load is reduced from 1.5kN to 1.0kN.



Item Number	Description	Dimensions (mm)	Material
SOL_F_00072159	Adjustable Head Restraint	30x110x200x1.20	GI (Galvanized Steel)
SOL_F_00063427	Adjustable Head Restraint	30x140x200x1.20	GI (Galvanized Steel)
SOL_F_00100983	Adjustable Head Restraint	30x40x200x1.20	GI (Galvanized Steel)
SOL_F_00051377	Adjustable Head Restraint	30x80x150x1.20	GI (Galvanized Steel)
SOL_F_00083071	Adjustable Head Restraint	30x80x150x1.20	GI (Galvanized Steel)
SOL_F_00048182	Adjustable Head Restraint	30x80x190x1.20	GI (Galvanized Steel)
SOL_F_00094205	Adjustable Head Restraint	30x80x200x1.20	GI (Galvanized Steel)
SOL_F_00079697	Adjustable Head Restraint	30x90x200x1.20	GI (Galvanized Steel)
SOL_F_00083609	Adjustable Head Restraint	30x95x200x1.20	GI (Galvanized Steel)
SOL_F_00065897	Adjustable Head Restraint	30x95x200x1.50	GI (Galvanized Steel)
SOS_F_00092555	Adjustable Head Restraint	30x200x1.20	GI (Galvanized Steel)
SOL_F_00040714	Adjustable Head Restraint	30x110x200x1.20	SS A4 (Stainless Steel)
SOL_F_00054055	Adjustable Head Restraint	30x140x200x1.20	SS A4 (Stainless Steel)
SOL_F_00060839	Adjustable Head Restraint	30x80x150x1.20	SS A4 (Stainless Steel)
SOL_F_00041626	Adjustable Head Restraint	30x80x190x1.20	SS A4 (Stainless Steel)
SOL_F_00094221	Adjustable Head Restraint	30x80x200x1.20	SS A4 (Stainless Steel)
SOL_F_00079713	Adjustable Head Restraint	30x90x200x1.20	SS A4 (Stainless Steel)
SOL_F_00100245	Adjustable Head Restraint	30x80x190x1.20	SS A4 (Stainless Steel)
GNA_F_00066003	Adjustable Head Restraint	50X22X110X60X3.0	Hot Dip Galvanized
GNA_F_00092567	Adjustable Head Restraint with Sleeve	25x30x100x1.5-30x200x1.2	GI (Galvanized Steel)
GNA_F_00079729	Adjustable Head Restraint with Sleeve	27x40x120x2-30x200x90x1.2	GI (Galvanized Steel)
GNA_F_00053073	Adjustable Head Restraint with Sleeve	27x45x125x1.5-30x80x190x1.2	GI (Galvanized Steel)
GNA_F_00083077	Adjustable Head Restraint with Sleeve	27x45x125x2-30x80x150x1.2	GI (Galvanized Steel)
GNA_F_00072165	Adjustable Head Restraint with Sleeve	27x80x150x2-30x100x200x1.2	GI (Galvanized Steel)
GNA_F_00104333	Adjustable Head Restraint with Sleeve	27x80x150x2-30x140x200x1.2	GI (Galvanized Steel)
GNA_F_00053553	Adjustable Head Restraint with Sleeve	30X40X200X1.2-30X50X150X1.5	GI (Galvanized Steel)
GNA_F_00076503	Adjustable Head Restraint with Sleeve	27X45X125X2 30X80X190X1.2	GI (Galvanized Steel)
GNA_F_00094211	Adjustable Head Restraint with Sleeve	27X45X125X2 30X80X200X1.2	GI (Galvanized Steel)
GNA_F_00091785	Adjustable Head Restraint with Sleeve	27X50X125 30X80X190X1.2MM	GI (Galvanized Steel)
GNA_F_00079725	Adjustable Head Restraint with Sleeve	27x40x120x2-30x200x90x1.2	SS A4 (Stainless Steel)
GNA_F_00060845	Adjustable Head Restraint with Sleeve	30x80x150x1.2 tie 30x45x150x2.0	SS A4 (Stainless Steel)
GNA_F_00048206	Adjustable Head Restraint with Sleeve	27x45x125x1.5-30x80x190x1.2	SS A2 (Stainless Steel)
GNA_F_00041898	Adjustable Head Restraint with Sleeve	30X80X190X1.2-27X45X125X1.5	SS A2 (Stainless Steel)
GNA_F_00076487	Adjustable Head Restraint with Sleeve	27X45X125X2 - 30X80X190X1.2	SS A2 (Stainless Steel)
GNA_F_00095661	Adjustable Head Restraint with Sleeve	30X200X140X1.2-27X45X125X2.0	SS A2 (Stainless Steel)
GNA_F_00054095	Adjustable Head Restraint with Sleeve	30X200X110X1.2-27X80X150X2.0	SS A2 (Stainless Steel)
GNA_F_00094227	Adjustable Head Restraint with Sleeve	30X200X80X1.2-27X45X125X2.0	SS A2 (Stainless Steel)
GNA_F_00093689	Adjustable Head Restraint with Sleeve	30X200X110X1.2-27X80X150X2.0	GI (Galvanized Steel)
GNA_F_00054099	Adjustable Head Restraint with Sleeve	30X200X110X1.2MM-27X80X150X2.0	Hot Dip Galvanized