

ISTA 1 Series  
Non-  
Simulation  
Integrity  
Performance  
Test  
Procedure

VERSION  
DATE  
Last  
TECHNICAL  
Change:  
MARCH  
2014

Last  
EDITORIAL  
Change:  
JANUARY  
2016

For complete  
listing of  
Procedure  
Changes and  
Version Dates  
go to  
[www.ista.org](http://www.ista.org)

Preface

ISTA, Distributing Confidence, Worldwide™

ISTA 1 Series are the most basic category of performance tests.

- They challenge the capability of the package and product to withstand transport hazards, but
- They are not simulations of actual transport hazards, and
- Do not necessarily comply with carrier packaging regulations.

When properly applied, ISTA procedures will provide tangible benefits of:

- Shortened packaged development time and confidence in product launch
- Protection of products and profits with reduced damage and product loss
- Economically balanced distribution costs
- Customer satisfaction and continued business.

There are three sections: Overview, Testing and Report

- Overview provides the general knowledge required before going into the testing laboratory and
- Testing presents the specific instructions to do the testing in the laboratory and
- Report indicates what data shall be recorded to submit a test report to ISTA.

Two systems of weights and measures are presented in ISTA test procedures. They are the English system (Inch-Pound) and the international system SI (Metric). Inch-Pound units are shown first with Metric units in brackets, except in some tables where they are shown separately.

- Either system may be used as the unit of measure (standard units), but
- The standard units chosen shall be used consistently throughout the procedure.
- Units are converted to two significant figures and
- Not exact equivalents.

## VERY IMPORTANT:

**The entire document shall be read and understood before proceeding with a test.**

## OVERVIEW OF PROCEDURE 1H

Test Procedure 1H is an integrity test for individual packaged-products.

- It can be used to evaluate the performance of a packaged-product.
- It can be used to compare relative performance of package and product design alternatives.
- The package and product are considered together and not separately.
- Some conditions of transit, such as moisture, pressure or unusual handling, may not be covered.

Other ISTA Procedures may be appropriate for different conditions or to meet different objectives.

Specific suggestions:

- To use fixed displacement vibration instead of random vibration, use ISTA Test Procedure 1B and not 1H.
- For packaged-products where a minimum compression value should be tested, use ISTA Test Procedure 1D.
- For packaged-products intended for international distribution consider ISTA Partial-Simulation Performance Test Procedure 2B.
- For unitized loads conduct ISTA 1E and not 1H. A unitized load is defined as one or more products or packaged-products usually on a skid or pallet, but always secured together or restrained for distribution as a single load.

Refer to Guidelines for Selecting and Using ISTA Procedures and Projects for additional information.

## Scope

Test Procedure 1H covers testing of individual packaged-products weighing more than 150 lb (68 kg) when prepared for shipment.

Product Damage  
Tolerance and  
Package  
Degradation  
Allowance

The shipper shall determine the following prior to testing:

- what constitutes damage to the product and
- what damage tolerance level is allowable, if any, and
- the correct methodology to determine product condition at the conclusion of the test and
- the acceptable package condition at the conclusion of the test.

For additional information on this determination process refer to Guidelines for Selecting and Using ISTA Procedures and Projects.

## Samples

Samples should be the untested actual package and product, but if one or both are not available, the substitutes shall be as identical as possible to actual items.

Number of samples required:

- One sample is required for the tests in this procedure.

Replicate Testing Recommended:

To permit an adequate determination of representative performance of the packaged-product, ISTA:

- Requires the procedure to be performed one time, but
- Recommends performing the procedure five or more times using new samples with each test.

NOTE:

Packages that have already been subjected to the rigors of transportation cannot be assumed to represent standard conditions. In order to insure testing in perfect condition, products and packages shipped to certified laboratories for testing must be:

- over-packaged for shipment to the laboratory or
- repackaged in new packaging at the laboratory.

## Test Sequence

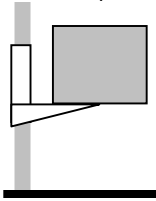
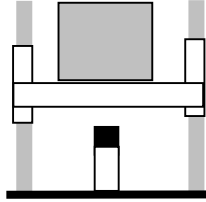
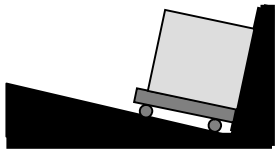
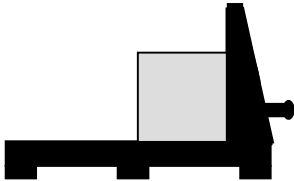
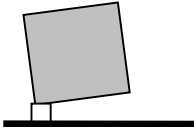
The tests shall be performed on each test sample in the sequence indicated in the following table:

Sequence #	Test Category	Test Type	Test Level	For ISTA Certification
1	Atmospheric Preconditioning	Temperature and Humidity	Ambient	Required
2	Vibration	Random	Overall $G_{rms}$ level of 1.15	Required
3	Shock (Alternative methods allowed – select one test type)	Drop	6 in (150 mm)	Required
		Incline Impact (Conbur)	69 in (1.7 m) per second impact velocity	
		Horizontal Impact	69 in (1.7 m) per second velocity change	
4	Shock	Rotational Edge Drop	8 in (200 mm)	Required when not testing face 1

Random Vibration Test:

- Random Vibration Test System complying with the apparatus section of ASTM D 4728.

The following alternatives are acceptable for the equipment required for the Shock Test:

Type of Shock Test	Type of Equipment	In compliance with the apparatus section of ...
Drop Test	Free fall drop tester 	ASTM D 5276
Vertical Shock Test	Shock test machine 	ASTM D 5487
Alternative Incline Test	Incline impact tester (conbur) 	ASTM D 880
Alternative Horizontal Test	Horizontal impact test system 	ASTM D 4003
Rotational Test	Rotational drop 	ASTM D 6179