

ISTA 1 Series  
Non-  
Simulation  
Integrity  
Performance  
Test  
Procedure

VERSION  
DATE  
Last  
TECHNICAL  
Change:  
MARCH  
2014

Last  
EDITORIAL  
Change:  
JULY  
2022

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 two sections: Overview and Testing

- **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.

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.

## OVERVIEW OF PROCEDURE 1H

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

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 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.

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

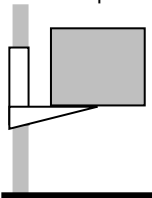
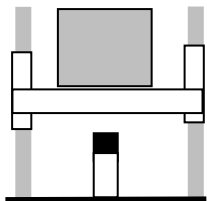
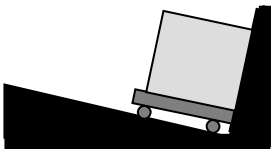
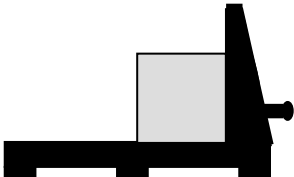
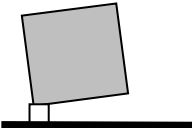
Sequence #	Test Category	Test Type	Test Level	For ISTA Certification
1	Atmospheric Preconditioning	Temperature and Humidity	Ambient	Required
2	Vibration	Random	Overall G <sub>rms</sub> level of 1.15	Required
3	Shock (Alternative methods allowed – select one test type)	Drop	6 in (150 mm)	Required
		Incline 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

## EQUIPMENT REQUIRED FOR PROCEDURE 1H

Random Vibration Test:

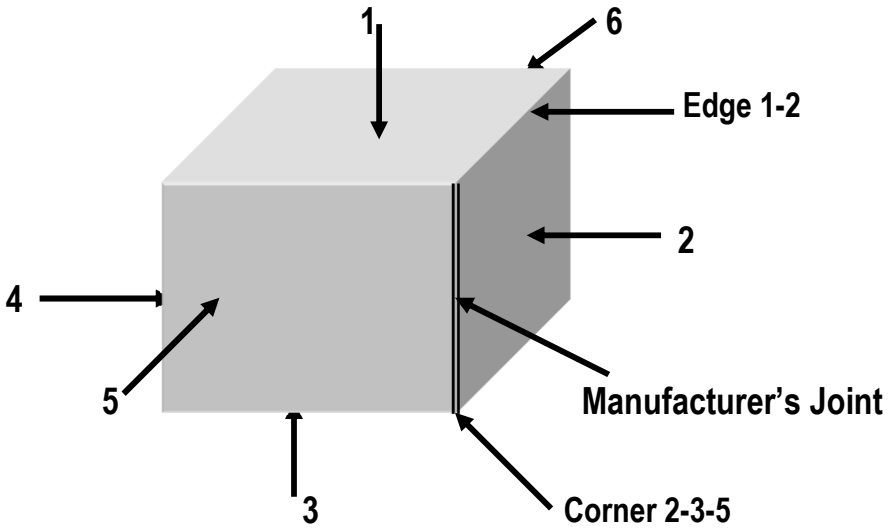
- Random Vibration Test System complying with the apparatus section of ASTM D 4728.

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

Identification of  
Faces, Edges  
and Corners

Prior to beginning the tests identify the faces, edges and corners according to the procedure below.

Step	Action
1	Place the packaged-product in its intended shipping position as determined by shipper. If the shipping position can be variable, place the packaged-product so that the primary shipping label location is on the top face.
2	Does the packaged-product have only six faces (2 sides, 2 ends, top and bottom)? <ul style="list-style-type: none"> <li>If <b>Yes</b>, then go to Step 5.</li> <li>If <b>No</b>, continue to next Step.</li> </ul>
3	Develop a method to identify each face, edge and corner and document with a diagram.
4	Go to next page for further Before You Begin details.
5	Is the package a corrugated container? <ul style="list-style-type: none"> <li>If <b>Yes</b>, continue to next Step.</li> <li>If <b>No</b>, then go to Step 8.</li> </ul>
6	Does the package have a manufacturer's joint connecting a side and an end face? <ul style="list-style-type: none"> <li>If <b>Yes</b>, continue to next Step.</li> <li>If <b>No</b>, then go to Step 8.</li> </ul>
7	Turn the packaged-product so that you are looking directly at a face with the manufacturer's joint on the observer's right and go to Step 9.
8	Position one of the smallest width faces of the packaged-product directly in front of you.
9	<p><b>Identify faces</b> according to the diagram below.</p> 
10	<b>Identify edges</b> using the numbers of the two faces forming that edge. Example: Edge 1-2 is the edge formed by face 1 and face 2 of the packaged-product.
11	<b>Identify corners</b> using the numbers of the three faces that meet to form that corner. Example: Corner 2-3-5 is the corner formed by face 2, face 3, and face 5 of the packaged-product.
12	Go to next page for further Before You Begin details.

Weight and  
Size  
Measurement

Before You Begin  
Atmospheric  
Conditioning  
O

Before You  
Begin  
Vibration  
Testing

You shall know the packaged-product's:

- gross weight in pounds (kg), **and**
- outside dimensions of Length, Width and Height (L x W x H) in inches (mm or m)

**Required Preconditioning:**

The packaged-product shall be preconditioned to laboratory ambient temperature and humidity for twelve (12) hours prior to testing.

**CAUTION:**

A restraining device or devices shall be used with the vibration test system to:

- Prevent the test specimen from moving off the platform **and**
- Maintain test orientation of the packaged-product, **but**
- The device or devices shall not restrict the vertical motion of the test specimen during the test.

The following breakpoints shall be programmed into the vibration controller to produce the acceleration versus frequency profile (spectrum) below with an overall  $G_{rms}$  level of 1.15. The theoretical stroke required to run this vibration profile is 22.45 mm (0.884 in) peak to peak.

Frequency (Hz)	PSD Level, $g^2/Hz$
1.0	0.0001
4.0	0.01
100.0	0.01
200.0	0.001

**Select Drop, Incline or Horizontal as a test method.**

For Drop Test Method the drop height shall be 6 in (150 mm) for Free Fall Drop, Shock Machine Equivalent Free Fall Drop, or Sling Drops.

For Incline Test Method the minimum impact velocity is 69 in per second (1.7 m per second).

For Horizontal Test Method the minimum velocity change is 69 in per second (1.7 m per second).

**NOTE:**

69 in per second is equal to 5.75 ft per second.

When using impact velocity or velocity change, if any velocity in a Test Sequence is below the required minimum level, that sequence event must be repeated until the test velocity meets the minimum.

**EXCEPTION:**

You do not have to conduct a shock test on face 1 (top) if:

- the packaged-product has a visible skid or pallet, **or**
- positioning or testing the packaged-product in this orientation would be unsafe.

**CAUTION:**

If the test item is large and:

- has a length equal to or greater than twice the width **and**
- has a center of gravity above the midpoint of the height.
- there is the possibility that it could tip over when testing one of the longest edges, **therefore**
- you may conduct the Rotational Edge Drop test on both of the shortest edges.

Before You  
Begin  
Shock  
Testing

**TEST BLOCK 1**  
Atmospheric  
Conditioning  
O

The test blocks that follow contain tables that indicate the required steps for each test in the procedure.

TEMPERATURE AND HUMIDITY	
Step	Action
1	PRE-CONDITIONING: The packaged-product should be stored at laboratory ambient temperature and humidity for twelve (12) hours prior to testing.
2	Record the ambient laboratory temperature and humidity when testing starts.
3	At the end of testing record temperature and humidity.
4	Go to TEST BLOCK 2 (Vibration).

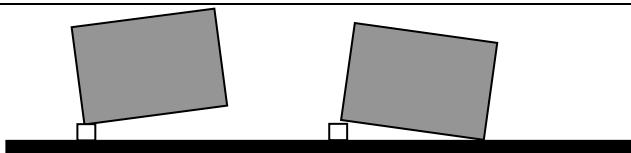
**TEST BLOCK 2**  
Vibration

VIBRATION - RANDOM													
Step	Action												
1	Put the packaged-product on the vibration table so that face 3 rests on the platform.												
2	Start the vibration system to produce the random vibration spectrum indicated in Before You Begin Vibration Testing.												
3	Stop the vibration system after the completion of 30 minutes and perform the appropriate action as indicated in the table below:												
	<table> <tr> <th>IF the packaged-product can be shipped ...</th><th>THEN ...</th></tr> <tr> <td> <ul style="list-style-type: none"> <li>Only with face 3 down.</li> </ul> </td><td> <ul style="list-style-type: none"> <li>Continue the vibration test with face 3 resting on the platform and test for 30 minutes. Go to Step 4.</li> </ul> </td></tr> <tr> <td> <ul style="list-style-type: none"> <li>Face 1 down <b>and</b></li> <li>in both of the other two possible shipping axes.</li> </ul> </td><td> <ul style="list-style-type: none"> <li>Invert the packaged-product so that face 1 (top) rests on the platform. Start the vibration system, test for 10 minutes and then stop the vibration system.</li> <li>Turn the packaged-product so that either face 2 or 4 rests on the platform. Start the vibration system, test for 10 minutes and then stop the vibration system.</li> <li>Turn the packaged-product so that either face 5 or 6 rests on the platform. Start the vibration system, test for 10 minutes and then stop the vibration system. Go to Step 4.</li> </ul> </td></tr> <tr> <td> <ul style="list-style-type: none"> <li>Face 1 down, <b>but</b></li> <li>Only one of the other two possible shipping axes.</li> </ul> </td><td> <ul style="list-style-type: none"> <li>Invert the packaged-product so that face 1 (top) rests on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system.</li> <li>Turn the packaged-product in the axis that it could be shipped with either face on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system. Go to Step 4.</li> </ul> </td></tr> <tr> <td> <ul style="list-style-type: none"> <li>In both of the other two possible shipping axes, <b>but</b></li> <li>Can't be shipped face 1 down.</li> </ul> </td><td> <ul style="list-style-type: none"> <li>Turn the packaged-product so that either face 2 or 4 rests on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system.</li> <li>Turn the packaged-product so that either face 5 or 6 rests on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system. Go to Step 4.</li> </ul> </td></tr> <tr> <td> <ul style="list-style-type: none"> <li>Only one of the other two possible shipping axes, <b>but</b></li> <li>Can't be shipped face 1 down.</li> </ul> </td><td> <ul style="list-style-type: none"> <li>Turn the packaged-product in the axis that it could be shipped with either face on the platform and test for 30 minutes. Go to Step 4.</li> </ul> </td></tr> </table>	IF the packaged-product can be shipped ...	THEN ...	<ul style="list-style-type: none"> <li>Only with face 3 down.</li> </ul>	<ul style="list-style-type: none"> <li>Continue the vibration test with face 3 resting on the platform and test for 30 minutes. Go to Step 4.</li> </ul>	<ul style="list-style-type: none"> <li>Face 1 down <b>and</b></li> <li>in both of the other two possible shipping axes.</li> </ul>	<ul style="list-style-type: none"> <li>Invert the packaged-product so that face 1 (top) rests on the platform. Start the vibration system, test for 10 minutes and then stop the vibration system.</li> <li>Turn the packaged-product so that either face 2 or 4 rests on the platform. Start the vibration system, test for 10 minutes and then stop the vibration system.</li> <li>Turn the packaged-product so that either face 5 or 6 rests on the platform. Start the vibration system, test for 10 minutes and then stop the vibration system. Go to Step 4.</li> </ul>	<ul style="list-style-type: none"> <li>Face 1 down, <b>but</b></li> <li>Only one of the other two possible shipping axes.</li> </ul>	<ul style="list-style-type: none"> <li>Invert the packaged-product so that face 1 (top) rests on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system.</li> <li>Turn the packaged-product in the axis that it could be shipped with either face on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system. Go to Step 4.</li> </ul>	<ul style="list-style-type: none"> <li>In both of the other two possible shipping axes, <b>but</b></li> <li>Can't be shipped face 1 down.</li> </ul>	<ul style="list-style-type: none"> <li>Turn the packaged-product so that either face 2 or 4 rests on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system.</li> <li>Turn the packaged-product so that either face 5 or 6 rests on the platform. Start the vibration system, test for 15 minutes and then stop the vibration system. Go to Step 4.</li> </ul>	<ul style="list-style-type: none"> <li>Only one of the other two possible shipping axes, <b>but</b></li> <li>Can't be shipped face 1 down.</li> </ul>	<ul style="list-style-type: none"> <li>Turn the packaged-product in the axis that it could be shipped with either face on the platform and test for 30 minutes. Go to Step 4.</li> </ul>
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4	Vibration testing is now complete. Go to TEST BLOCK 2 (Shock – Drop or Impact).												

**TEST BLOCK 3**  
Shock  
(Drop or  
Impact)

SHOCK - DROP OR IMPACT			
Step	Action		
1	Did you determine in Before You Begin Shock Testing <b>not</b> to shock test face 1 (top)? <ul style="list-style-type: none"> <li>If <b>Yes</b>, then go to TEST BLOCK 4 (Shock – Impact and Rotational Edge Drop)</li> <li>If <b>No</b>, go to the next Step.</li> </ul>		
2	Determine the drop height, impact velocity or velocity change from Before You Begin Shock Testing.		
3	Test the packaged-product according to the level in Step 2. Follow the sequence in the table below.		
	Sequence #	Orientation	Specific face
	1	Face	one of the smallest faces
	2	Face	opposite small face
	3	Face	one of the medium faces
	4	Face	opposite medium face
	5	Face	one of the largest faces
	6	Face	opposite large face
4	All testing is now complete.		

**TEST BLOCK 4**  
Shock  
(Impact and  
Rotational  
Edge Drop)

SHOCK - IMPACT AND ROTATIONAL EDGE DROP			
Step	Action		
1	Determine the impact velocity or velocity change from Before You Begin Shock Testing.		
2	Test the packaged-product according to the level in Step 1. Follow the sequence in the table below.		
	Sequence #	Orientation	Specific face
	1	Face	one of the smallest vertical faces
	2	Face	opposite small vertical face
	3	Face	one of the largest vertical faces
	4	Face	opposite large vertical face
3	Perform a rotational edge drop. Follow the sequence in the table below.		
	Sequence #	Action	
	1	Place the unitized load onto a flat, rigid surface such as steel or concrete.	
	2	Support any face-3 edge with a timber or support 3.5 to 4.0 in (90 to 100 mm) in height and width.	
	3	Lift the opposite face-3 edge to 8 in (200 mm) off the surface.	
	4	Release the edge so that it falls freely on to a flat, rigid surface.	
			
4	Repeat Step 3 on one of the bottom edges radiating 90° from the edge tested in Step 3 Sequence 3.		
5	All testing is now complete.		

This Test Procedure is published by:  
International Safe Transit Association  
1400 Abbot Road, Suite 380, East Lansing, Michigan 48823-  
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