

The invention relates to personal protective means and specifically to helmets equipped with a built-in recording system, and can be used to prevent head injuries to motorcyclists and to people who engage in extreme activities. The helmet contains a rigid housing and, installed within the housing, a recording system. The housing is equipped with binding elements, cushioning elements and bullet-proof glass. The recording system is equipped with a camera. The camera lens is provided in the central portion of the helmet above the face area and does not protrude past the surface of the housing. The recording system includes a power source, which is built into the helmet housing, a control system, a recording device having built-in memory, a device for connecting an external memory card, and an electrical connector for connecting to external devices and/or to a power grid. The invention allows for broadening the functional possibilities of the device.