This document is an overview only. To access the full procedure, please visit the ISTA store at www.ista.org.
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 1C

Test Procedure 1C 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.

Refer to Guidelines for Selecting and Using ISTA Procedures and Projects for additional information.
OVERVIEW OF PROCEDURE 1C

Test Procedure 1C covers testing of individual packaged-products weighing 150 lb (68 kg) or less when prepared for shipment.

**EXCEPTION:**
Individual packaged-products on a visible skid or pallet and that weigh more than 100 lb (45 kg) may be tested according to Test Procedure 1E or Procedure 3E.

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:

<table>
<thead>
<tr>
<th>Sequence #</th>
<th>Test Category</th>
<th>Test Type</th>
<th>Test Level</th>
<th>For ISTA Certification</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Atmospheric Preconditioning</td>
<td>Temperature and Humidity</td>
<td>Ambient</td>
<td>Required</td>
</tr>
<tr>
<td>2</td>
<td>Compression Conditioning</td>
<td>Machine or Static</td>
<td>Calculated Test Load or Force</td>
<td>Required</td>
</tr>
<tr>
<td>3</td>
<td>Vibration (Alternative methods allowed – select one test type)</td>
<td>Fixed Displacement</td>
<td>1 in (25mm) peak to peak at a frequency to be determined</td>
<td>Required</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Random</td>
<td>Overall G_rms level of 1.15</td>
<td>Required</td>
</tr>
<tr>
<td>4</td>
<td>Shock (Alternative methods allowed – select one test type)</td>
<td>Drop</td>
<td>Height varies with packaged-product weight</td>
<td>Required</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Incline Impact (Conbur)</td>
<td>Impact Velocity varies with packaged-product weight</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Horizontal Impact</td>
<td>Impact Velocity varies with packaged-product weight</td>
<td></td>
</tr>
</tbody>
</table>
# Equipment Required for Procedure 1C

The following alternatives are acceptable for the equipment required for the Compression Conditioning:

<table>
<thead>
<tr>
<th>Type of Compression Test</th>
<th>Equipment</th>
<th>In compliance with the apparatus section of...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply and Release Test</td>
<td>Compression test system</td>
<td>ASTM D 642</td>
</tr>
<tr>
<td>Apply and Hold Test</td>
<td>Compression test system</td>
<td>Fixed or Floating platen acceptable</td>
</tr>
<tr>
<td>Apply and Hold Test</td>
<td>Weight and load spreader</td>
<td>NA</td>
</tr>
</tbody>
</table>

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

**Fixed Displacement Vibration Test:**

- Vibration Test System with a 1 in (25 mm) fixed or controlled displacement complying with Method A1 or A2 of the apparatus section of ASTM D 999. Rotary or vertical linear motion of the platform is acceptable.
- Metal shim 0.06 in (1.5 mm), thick approximately 2 in (50 mm) wide and at a convenient length.
- Tachometer or suitable indicator for determining vibration frequency in cycles per second (Hz) or cycles per minute (CPM).
- Automatic timer or stopwatch.

**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:

<table>
<thead>
<tr>
<th>Type of Shock Test</th>
<th>Equipment</th>
<th>In compliance with the apparatus section of...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop Test</td>
<td>Free fall drop tester</td>
<td>ASTM D 5276</td>
</tr>
<tr>
<td>Vertical Shock Test</td>
<td>Shock test machine</td>
<td>ASTM D 5487</td>
</tr>
<tr>
<td>Alternative Incline Test</td>
<td>Incline impact tester (conbur)</td>
<td>ASTM D 880</td>
</tr>
<tr>
<td>Alternative Horizontal Test</td>
<td>Horizontal impact test system</td>
<td>ASTM D 4003</td>
</tr>
</tbody>
</table>

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