

Helmet On... ready to roll

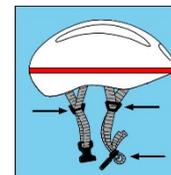
All states and territories by law require that everyone wears a helmet when riding a bike, so before setting off on your bike, be sure to grab your helmet.

Safe helmet tips

1. Buy an approved helmet that fits you properly. Helmets come in all shapes and sizes so try a few on before buying the one that is just right for you.
2. Use the adjustable straps on your helmet to ensure that the buckle is securely fastened under your chin and the side lugs sit under your ear lobe.
3. Your helmet should fit firmly and comfortably, and not be able to move in any direction. You may need to alter your hairstyle to accommodate your helmet!

A correctly fitted helmet can save your life!

Helmets, like your head, come in a variety of shapes and sizes. You shouldn't buy a helmet without ensuring that it fits correctly.



1. Wear the helmet flat on top of your head, not tilted back at an angle.
2. Make sure the helmet fits snugly and doesn't block your vision.
3. Secure the triangles just below your ears.
4. Tighten the chin strap firmly. You should be able to fit two fingers between the strap and your neck when you tilt your head up.

When buying a helmet make sure it:

- Has the Australian Standards Mark – AS 2063 or AS/NZS 2063
- Fits firmly and comfortably on your head and should be able to move in any direction.
- Has adjustable straps so there is no slack when they are fastened.



Helmet care

- Should you be in an accident or if your helmet is dropped on a hard surface, you should replace the helmet, even if the damage is not visible. In a crash, the foam in the helmet is designed to spread the force and absorb the energy of the impact. However, after a crash or other mistreatment (such as falling on to a hard surface), the foam remains compressed so will no longer be effective.
- Prolonged sun exposure will also weaken the helmet, so always store the helmet inside away from the sun.
- Check the straps and buckles regularly for signs of damage and fraying.

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