

CYCLE HELMETS

You should always wear a cycle helmet that is fitted correctly. If you are going to buy one for this scheme, make sure you try it on in the shop to ensure it fits your head – all heads are a slightly different size and shape!

CYCLE HELMET CHECKLIST

✓ QUALITY

Check your helmet or its box for a CE mark and one of the following standards:-

- BS EN 1078:1997 or BS EN 1078:2012+A1:2012 (European Standard)
- BS 6863:1989 (British Standard, being replaced by the European Standard)
- SNELL B.95 (American Standard)
- Some helmets may also have a BS kite mark.
- Do not buy a helmet marked BS EN 1080:1997 as it is not suitable for use as a cycle helmet.

✓ FITTING

A correctly fitted helmet should fit snugly on your head and be comfortable to wear. Most helmets come with adjustment pads and adjustable straps to help you to fine tune the fitting. Some helmets also have a universal fit ring – adjust the ring size to fit your head.

✓ SENSES

Your helmet should allow for all round vision and it must not cover your ears. For this reason do not use the motorcycle-type helmet for cycling.

✓ POSITIONING

The helmet should fit squarely on your head with the helmet rim two finger-widths above your eyebrows. The helmet should not be tilted back, forward or sideways.

✓ SIDE STRAPS

Adjust the slider on both straps to form a “V” shape under, and slightly in front of, your ears. Lock the slider, if possible.

✓ BUCKLE

Centre the left buckle under your chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. It may be easier to take the helmet off to make the adjustments.

✓ CHIN STRAP

When you buckle the chin strap, tighten it until it fits snugly below your chin – no more than two fingers should fit between the strap and chin.

Three simple tests to check that the helmet fits:

Test 1 –

Open your mouth wide – does your helmet pull down on your head? If not, tighten the chin strap a bit more.

Test 2 –

Can you rock your helmet back more than two fingers above your eyebrows? If yes, unbuckle and shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.

Test 3 –

Can you rock your helmet forward over your eyes? If it does, unbuckle and tighten the back strap by moving the slider back towards the ear. Buckle, retighten the chin strap, and test again.

Remember to regularly check your helmet's chin strap as it can loosen over time and fail to give the protection you need in a crash or fall.

REPLACE A DAMAGED HELMET

- If your cycle helmet receives a knock it should be replaced. The damage to your helmet may not always be visible, but its effectiveness could be seriously reduced.
- Your cycle helmet has a recommended lifespan of three years. Replace it after this period.
- Never buy a second-hand helmet – it may be damaged or over three years old.
- Remember – always follow the instructions that come with your cycle helmet!

DOES THE HELMET FIT CORRECTLY?

