

• MAXIMUM PROTECTION



A helmet will give you maximum protection only if:

- it is the right size and is correctly fitted
- it is correctly positioned
- the straps are correctly adjusted and the buckle is securely fastened
- it is in good condition and properly cared for.

• CHOOSING A HELMET

Make sure the helmet you choose is approved and carries the Australian StandardsMark™ sticker. There are three types of approved helmets:

- Hard Shell - a foam helmet with a hard plastic shell
- Micro Shell - a foam helmet with a thin plastic shell
- Foam Only - a foam helmet often with a material cover.



There is a wide range helmets to choose from today – with different looks, styles and colours available to suit all tastes.

Young riders, especially teenagers are more likely to wear a helmet they have helped to choose.

To stay as cool as possible, choose a helmet that has good airflow through the ventilation holes. There are also helmet accessories and covers available for protection from the sun.

• HELMET CARE



Your helmet will only protect you if it is in good condition. So treat your helmet carefully and regularly check it for wear and damage. Read the helmet care information provided with the helmet.

A helmet is designed to protect your head in one impact only. If you have had a bicycle accident that involved your helmet, you must replace it even if there is no visible damage.

Do not use a helmet if:

- the plastic shell is split, cracked or broken
- the foam is crumbling, cracked or broken away from the rim
- it has been mistreated, dropped from a height or suffered a hard impact.

Only use cleaning materials recommended by the manufacturer as certain cleaning agents can seriously weaken the helmet.

Because damage to the foam in a helmet is not always visible it is recommended that you do not buy a second hand helmet.

• FURTHER INFORMATION

Most bicycle shops and many other retail outlets have a range of helmets and can advise you about buying and fitting a helmet. Bicycle Victoria can also provide information on helmets as well as on any other cycling issues.

Tel: 1800 245384

1800 bikevic

(03) 8636 8888

Bicycle HELMETS



• Don't ride without one!

• THE PROBLEM



Over 300 cyclists are seriously injured or killed in Victoria each year.

Head injuries are a major cause of death and serious injury to cyclists.

Children are not the only cyclists involved, as about 85% are over 16 years of age.

Bicycle crashes occur in metropolitan and country locations, on quiet streets, bike paths, busy roads, in fact any place you can ride.

It is essential that a helmet is always worn when cycling.

• HELMETS WORK!

The foam in a helmet is designed to spread the force and absorb the energy of an impact. This reduces the risk of head injury, when your head hits an object or the road.

Research conducted for the Australian Transport safety Bureau estimates that helmets reduce the risk of head injury by 60%.

• THE LAW

Victorian cyclists are required by law to wear a helmet that complies with the Australian/New Zealand standard for pedal cycle helmets, AS/NZS 2063.

The helmet must be securely fitted and fastened. Any passenger carried on a bicycle must also wear a securely fitting, approved helmet.

This law applies on roads, bicycle paths, bicycle lanes, footpaths, shared paths and separated footpaths. It also includes other public places such as recreational parks and car parks.

There is a \$50 fine for not wearing a securely fitted and approved helmet.

Helmet Fit

- A bicycle helmet will only protect your head in an impact if it is the right size for your head and is fitted correctly.
- For these reasons it is important to try a helmet on before buying it.
- Approved helmets currently range in size from those for infants up to a head size of 66 centimetres.
- Your helmet should fit snugly on your head and be comfortable to wear.
- Adjustment pads provided with the helmet may help to make it fit more comfortably. If you have to put very thick pads in your helmet to make it fit firmly or comfortably, the helmet is probably too big or the wrong shape for your head.

When fitted correctly, it should NOT be possible to tilt the helmet:

- backwards to uncover your forehead



- forwards to cover your eyes



- or sideways to uncover the side of your head.
- You may need to alter your hairstyle so that the helmet can sit properly and comfortably on your head - such as tying a pony-tail lower or removing large hair bands or clips.



Helmet Position



- Your helmet should be squarely positioned on your head.
- The rim of the helmet should sit on the forehead, just above the eyebrows, and should not be tilted back to uncover the forehead.

Helmet Straps



It is important that the helmet straps are adjusted according to the instructions provided with the helmet. If you have difficulty with the straps, take the helmet to a good bicycle retailer for help.

Straps should:

- be adjusted so there is no slack when they are fastened
- not be twisted
- be adjusted so that the buckle is securely fastened under the chin
- be re-adjusted if they become loose
- form a "V" shape with the point just under the ear lobe. Note that some helmets have different strap arrangements.

Good bicycle retailers can advise on selecting, fitting and adjusting helmets to get maximum protection in an impact.