WEAR A BICYCLE HELMET?

NO WAY!
It’s not COOL and I don’t need one!
"Wear a bicycle helmet - no way! It's not cool and I don't need one!"

THINK AGAIN! Do you know that kids of 11 to 15 years old are involved in the most accidents and are most likely to get hurt or disabled because of them.

“But it won’t happen to me!”

THAT'S WHAT THEY ALL SAY!
Head injuries are the major cause of death and disability, a staggering 70%.

Try tying your shoe laces after a brain injury. In simple terms, if your hard drive crashes, the computer doesn’t work.

WHO LOOKS SO COOL NOW?

GET IT STRAIGHT! Helmets are made from a dense and crushable material which is designed to spread the force of an impact and absorb the energy that occurs during direct contact with a hard object or surface. This energy absorption helps to reduce the direct force to the head. This impact absorption may help to reduce the severity of injury that may occur to your head.

Helmet designs have changed over the years and now you can choose any colour or design you like. Helmets are part of the cycling gear and make you look the part... and of course, they help protect your head.

GET IT ON! Like buying a pair of trainers, you have to buy a helmet that fits and is comfortable for you to wear.

Your life may have to depend on your helmet, so make sure it can do the job. There are loads of helmets to choose from. Make sure you like the design and colour. How much you pay for a helmet is no indication of whether it is “better” or “worse”. Get one you feel fits YOUR Image: it is you who makes the helmet look “fine”. Make sure you wear your helmet on all trips. Hey! Who knows when a cat might jump out in front of you!

CHECK IT OUT! Check out your bike regularly, get those lights working, check your brakes (Think of Puss!), oil the parts and make sure you can be heard...

GET A BELL!

GET NOTICED! Wear bright clothing or reflective bands.

GET TRAINED! Doing stunts and racing your mates does NOT make you a good cyclist.

GET A HELMET! You can receive a voucher from BHIT at the address overleaf which will enable you to purchase a BELL helmet for only £8.50. (example below)

A small price to pay for such a lot of protection.

GET IT STRAIGHT...GET IT ON...AND WEAR IT RIGHT!
AND WEAR IT RIGHT!

Standards: Always buy your helmet from a reputable dealer. Look for a safety standard. Standards show that the type of helmet you buy has been put through special safety checks. The common one will be BS EN 1078 and can be found on a sticker inside the helmet and on the box. Other standards include the Snell standard and ANZI. The helmet you buy MUST have a safety standard marked on it and on the box.

Senses: Make sure your helmet allows you all around vision. Your helmet MUST NOT obstruct your ability to see clearly. Your helmet should not cover your ears. Make sure that you can hear - listening for road dangers is part of cycling safely.

Snug Fitting Helmet: Make sure you have the correct sized helmet for your head. Your helmet should fit SNUGGLY and be comfortable to wear. When you shake your head or nod your head, your helmet should remain secure on your head. Most standard approved helmets come with adjustment pads. Always read the instructions that come with your helmet.

Squarely Positioned: Your helmet should be positioned squarely on your head. The helmet rim should sit on your forehead, just above your eyebrows. Your helmet should NOT be tilted back to uncover the forehead, or tipped forward to cover your eyes.

Secure Straps: Helmet straps should be adjusted in accordance with the manufacturers' instructions. Straps should be adjusted each time you wear your helmet. There should be no slack in the straps when the helmet is fastened. Make sure your helmet straps are not twisted. Most helmet straps form a 'v' shape just under the ear lobe.