



Helmet On... Ready to Roll

Use your head, wear a helmet...

All states and territories by law require that everyone wears a helmet when riding a bike.

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!



Too far forward



Too far back

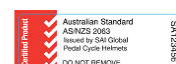


Just Right

Helmets, like your child's head, come in a variety of shapes and sizes. You shouldn't buy a helmet without your child being present to ensure that it fits correctly.

When buying a helmet make sure it:

- Has the Australian Standards Mark – AS 2063 or AS/NZS 2063
- Fits firmly and comfortably on your child's 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 your child be in an accident or if their 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.