



Get ahead, get a helmet!



cycle-smart
FOUNDATION
BE SMART STAY SAFE



www.cycle-smartfoundation.org

Did you know that cycling accidents increase as children grow older with cyclists aged 10 to 15 years being more at risk than other age groups up to the age of 60? Source: RoSPA

“But it won’t happen to me!”

That’s what they all say! Head injuries among young cyclists are one of the major causes of death and disability.



Helmets
are available
through the
Cycle-Smart
Foundation by
visiting our website

www.cycle-smartfoundation.org

Get a helmet!

Make sure you buy your helmet from an established cycle shop. Do not buy second hand helmets as they may have been damaged.



Listen out!

As a cyclist you need to be able to hear what's going on around you. You need to be able to listen out for other road users - cars, lorries, buses, other cyclists, pedestrians and emergency vehicle sirens so we recommended you never wear headphones, listen to music or use a mobile phone whilst cycling.

Put 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 depend on your helmet, so make sure it can do the job. There are loads of helmets to choose from! Make sure you wear your helmet on all trips.

Check it out!

Get your bike checked out regularly. Get those lights working, check your brakes, oil the parts and get a bell to make sure you can be heard.

Get noticed!

Wear high visibility or bright clothing in the day and reflective clothing at night.

Get trained!

Doing stunts and racing your friends does not make you a good cyclist. Contact your local council for training courses in your area.



Wear it right!

Standards

Always buy your helmet from a reputable dealer and look for a safety standard. This shows the helmet has been put through special safety checks. This can be found on a sticker inside the helmet and on the box.

Senses

Make sure your helmet allows for all round vision. It must not obstruct your ability to see and hear clearly, as you must be able to see and listen for road dangers.

Snug fitting helmet

Make sure you have the correct sized helmet for your head. It should fit snugly and be comfortable to wear. When you shake your head, your helmet should remain secure.

Squarely positioned

Your helmet should be positioned squarely on your head. The helmet rim should sit on your forehead, just above your eyebrows. It should not be tilted back to uncover your forehead or tipped forward to cover your eyes.

Secure straps

Helmet straps should be adjusted in accordance with the manufacturers' instructions. There should be no slack in the straps when the helmet is fastened and they should not be twisted.

For more information about safer cycling visit the Cycle-Smart Foundation website:

www.cycle-smartfoundation.org

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WRONG



WRONG



RIGHT

