



cycle-smart
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BE SMART STAY SAFE

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5. 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.



Other important cycle-smart tips

- Get trained
- Check out local cycle skills courses
- Keep your bike well maintained
- Check your brakes before you set off
- Use lights front and back if cycling in poor light or at night
- Wear visible clothing or reflective wear.



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5 S's to helmet use
— Cycle-Smart Foundation —



BS EN 1078



1. 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. Look for the BS EN 1078 this can be found on a sticker inside the helmet and on the box. The helmet you buy **MUST** have a safety standard marked on it and on the box.

2. Snug

Snug 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 or a tightening adjuster. Always read the instructions that come with your helmet.

Make sure it fits correctly!



3. 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.



4. Securer:

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.

