



Bicycle Safety

16 Aug 10

Make sure it's in good condition first.

- **Outside Shell:**
 - Look first for cracks or abrasion on the surface that show evidence of an impact
 - Press carefully all over the helmet to see if you get a "beer can" effect
 - Check the shell color for fading
- **Liner:**
 - Remove the fitting pads if they come out, and inspect the Styrofoam liner carefully for any signs of cracks or compressed foam.
- **Buckle and Strap:**
 - Check the helmet straps and buckle for signs of wear or damage, replace if you see any pieces missing or worn.





Bicycle Safety

- Wear it right!



Bad Example

What's Wrong Here?





Helmets - Do's & Don'ts

Right on

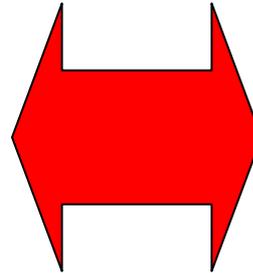


Not

Helmets like this might look cooler, feel cooler, but doesn't protect a face, and can cause a neck injury.

Neck Protected

Head is much more likely to roll forward than snap back.



Potential Neck Injury

The back edge of helmet can be slammed into the back of the neck, forcing the head to snap back.

Helmet Hits First

In case of impact, the helmet fends off a hard surface.



"Pavement Pate"

Besides scraped skin, bones can get broken and/or forced into soft tissues (eyes and brain).



When Should I Replace My Helmet?

Summary:

- Did you crash? Replace.
- Did you drop it hard enough to crack the foam or outer shell? Replace.
- Is it from the 1970's? Replace.
- Is the outside just foam or cloth instead of plastic or as the manufacturer designed? Replace.
- Does it lack a CPSC, ASTM, Snell or Host Nation equivalent sticker inside? Replace.
- Can you not adjust it to fit correctly? Replace!!