



Here's the crack, to keep your head intact...



Know the crack when **wearing your helmet**

- The helmet should fit well so try different sizes in the shop
- The helmet should be adjusted to fit the user i.e. straps should not cover ears, the buckle should be away from the jawbone etc.
- The helmet should be positioned to protect the forehead and should not be pushed too far back
- The helmet cannot always protect against injury
- The helmet should be discarded and destroyed after severe impact
- The helmet should not be modified in any way unless recommended by the manufacturer even by fitting accessories



A recent study of cycle helmets revealed that 77% of helmets examined did not have the correct marking or information which should accompany a cycle helmet.

Know the crack when **choosing your helmet**

- BS EN 1078:1997 (the EU standard number) on both box/package and helmet
- The name or trademark of the manufacturer (on both box/package and helmet)
- Information that it is a helmet for cyclists (not skateboards etc)
- The size or size range of the helmet in cm
- Always look for: CE Mark 
- The weight
- Year and quarter of manufacture
- A label carrying the instructions >>>



Warning

Cycling helmets should never be used by children while climbing or doing other activities where there is a risk of hanging if the child gets trapped with the helmet.

Facts + figures

- Studies suggest that helmets reduce head injury by 85%, brain injury by 88% and severe brain injury by 75%
- It is estimated that there are 90,000 accidents on the road every year involving bicycles and 100,000 off the road
- 53% of these involve children
- 52,000 children have suffered significant brain injury

for more information check out www.KeepYourHeadIntact.co.uk