

THE TWO MINUTE SUMMARY

- You always need a helmet wherever you ride. You can expect to crash in your next 4,500 miles of riding, or maybe much sooner than that.
- Even a low-speed fall on a bicycle path can scramble your brains.
- Make sure your helmet fits to get all the protection you're paying for. A good fit means level on your head, touching all around, comfortably snug, but not tight.
- Standards are no longer a big issue, but check inside for the CPSC sticker.
- Common sense tells you to avoid a helmet with snag points sticking out, tiny vents, excessive vents, an extreme "aero" shape, dark colors, thin straps, overly fussy adjustments or a rigid visor that could shatter or snag in a fall.
- Pick white or a bright color to be sure that motorists can see you.
- Do not wear a skate helmet for bicycling unless it has a CPSC bicycle helmet standard sticker inside.

WARNING:

CHILDREN MUST REMOVE HELMETS BEFORE CLIMBING ON PLAYGROUND EQUIPMENT OR TREES, WHERE A HELMET CAN SNAG AND CHOKe THEM!



**RIDE SAFE...
WEAR A HELMET!**



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YOUR GUIDE TO BICYCLE HELMETS



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BIKE HELMETS GUIDE

NEED ONE? YES!

The average careful bike rider may still crash about every 4,500 miles. Head injuries cause 75% of annual bicycle deaths. Medical research shows that bike helmets can prevent 85% of cyclist's head injuries!

HOW DOES A BICYCLE HELMET WORK?

A helmet reduces the peak energy of a sharp impact. This requires a layer of stiff foam to cushion the blow. Most bicycle helmets do this with crushable expanded polystyrene (EPS), the white picnic cooler foam. The spongy foam pads inside a helmet are for comfort and fit, not for impact protection.

The helmet must stay on your head, so it needs a strong strap and equally strong buckle.

The helmet should sit level on your head and cover as much as possible. Keep the strap comfortably snug when riding.



WHAT TYPE DO I NEED?

Most helmets are made of EPS foam with a thin plastic shell. The shell helps the helmet skid easily on rough pavement to avoid jerking your neck. The shell also holds the foam together after the first impact. Some excellent helmets are made by molding the foam in the shell rather than adding the shell later.

Excessive vents mean less foam contacting your head, which could concentrate force on one point.

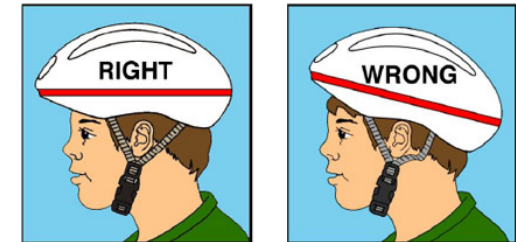
Dark helmets are hard for motorists to see. Rigid visors can snag or shatter in a fall. Helmets standards do not address these problems...it's up to you!

STANDARDS

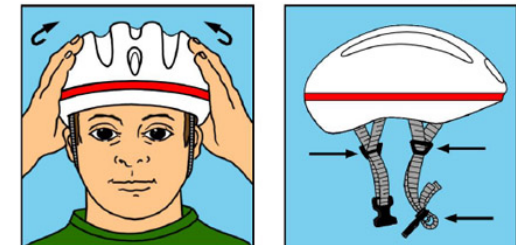
A sticker inside the helmet tells what standard it meets. Helmets made for the U.S. must meet the US Consumer Product Safety Commission standard, so look for a CPSC sticker.



THE PROPER WAY TO WEAR A HELMET



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

