



Cycle Helmet Safety

When riding your bike anywhere, you must wear a proper bike helmet. It must comply with the Australian and New Zealand Standard AS/NZ2063, be properly fitted and securely fastened. Look on the bicycle helmet for one of the stickers below that indicates your helmet has been certified as compliant.

Tips for a correct fit

1. Position the helmet so that it protects your forehead (1-2 fingers above your eyebrows).
2. Secure the clip on the strap under your chin and tighten the strap up so you can still fit one finger under it to make sure it isn't too tight.
3. The plastic clips on each side of the strap should be slid up to make a triangle that meets just below your ears.
4. The helmet should fit your head so that it touches on all side and can't be slid forwards, backwards or side to side. Use the extra pads supplied with your helmet to ensure a snug fit.



If you have a crash or bump/drop your helmet, its protection to your head is now compromised, even if you can't see anything wrong with it. The foam in your helmet provides protection by absorbing the impact. This impact compresses the foam, reducing its future effectiveness.

Compliance stickers:

