

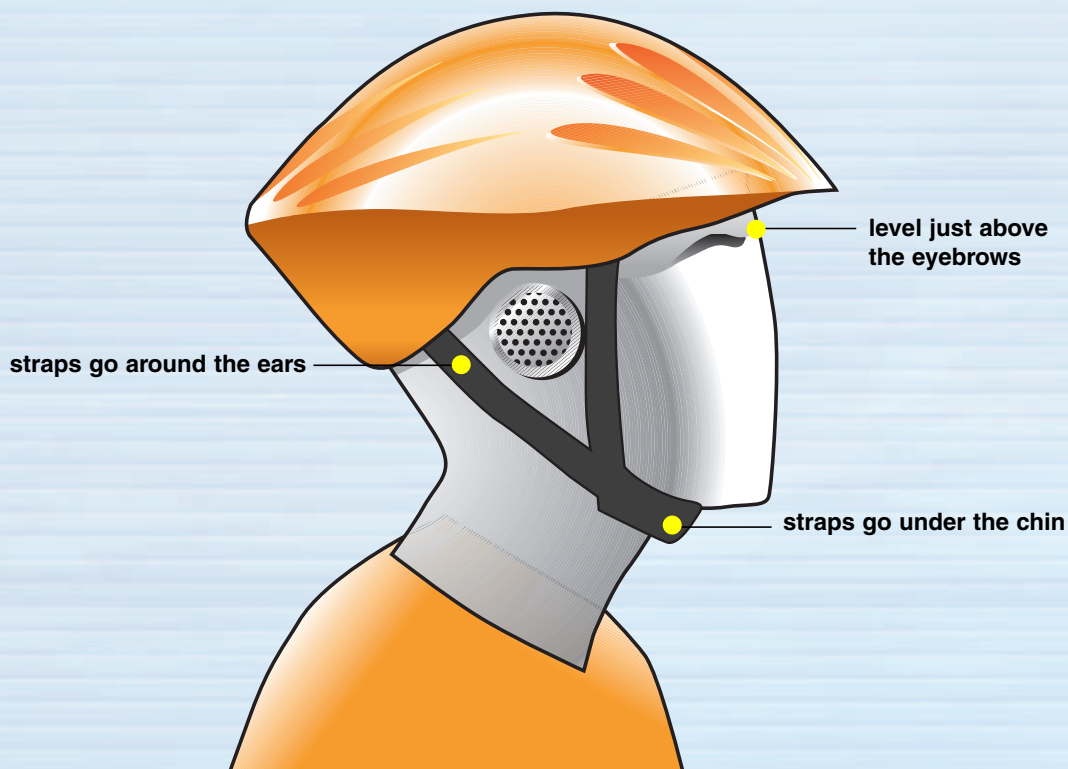
## 5 Buying a helmet

- Is your helmet brand new? Never buy a second hand helmet because it may have had an impact.
- Make sure that your helmet has one of the following approved safety standards: BS EN 1078; SNELL B-95; SNELL B-94; AS/NZS 2063.
- Measure around your head about 2.5 cms (1 inch) above your eyebrows to match your helmet size with your head size.
- Try on your helmet, pressing it down firmly on your head and ensuring that the front lies just 2.5 cms (1 inch) above your eyebrows.

## Using a helmet

- The helmet straps go around your ears and then fasten firmly under your chin.
- If your helmet moves when you nod your head, you may need to use the “padding” kit to make it more secure.

**Helmets are designed to take just one hard knock and MUST always be replaced after any impact.**



**A cycle helmet will reduce your risk of injury if you fall off your bicycle and Devon County Council recommends their use.**

