



Bike helmet safety check

Once a helmet has been in a crash or collision or has been dropped from a height, it must be thrown away. Even if it shows no sign of external damage – replace it!



Outer shell

The outer shell of a helmet is important to hold it together in a crash. Look for cracks or abrasion on the surface. Small cracks around the edges or anywhere else on the shell tell you it needs to be replaced.

Foam liner

The inner styrofoam of a helmet is the most important part for protecting your child's skull and brain if they have a fall or crash. Remove the fitting pads if they come out and inspect the foam liner carefully for any signs of cracks or compressed foam. If you discover any cracked or crushed foam, replace the helmet. Even if you find no damage, if you know the helmet has taken an impact you should replace it because the foam that was compressed will not perform well in the next crash.

Correct size

Helmets will not last forever. Once the helmet no longer fits your child, it should be replaced with a larger helmet.

Buckle and strap

Check the straps. Are they worn, faded or is any of the stitching beginning to fail? If the straps break on impact the helmet will do little to save your child's head. The helmet is only of value if it stays on.

Check the buckle. Are the plastic blades that lock into the female side still there? The buckle will hold together weakly with one blade but will fail in a crash.



Thank you for playing a vital role in your child's road safety education.