

CYCLE HELMET CHECKLIST

Check that your helmet meets all the requirements listed below:

- ✓ The helmet is comfortable and fits snugly around your head.
- ✓ The helmet rests two finger-widths above your eyebrows.
- ✓ The helmet is level, not tilted in any way.
- ✓ You can see and hear clearly while wearing your helmet.
- ✓ The helmet straps form a 'V' shape around your ears.
- ✓ The chin strap is tight under your chin (note two-finger check).
- ✓ Your helmet has not been damaged in any way.
- ✓ Your helmet has a CE number and meets British or Euro Standard.

BICYCLE CHECKLIST

Check that your bicycle meets all the requirements listed below:

- ✓ Tyres inflated to the correct pressure (A).
- ✓ Brakes working and fitted properly (B).
- ✓ Chain properly lubricated (C).
- ✓ All nuts and bolts secure (D).
- ✓ Red rear reflector and amber pedal reflectors present.
- ✓ Bell fitted/working.
- ✓ Handlebar and saddle properly adjusted.
- ✓ Wheels and spokes fitted properly.
- ✓ Ample tread on tyres.
- ✓ Frame safe and free from rust.
- ✓ Pedals present/turning freely.
- ✓ Lights working (if fitted).

DOES THE HELMET FIT CORRECTLY?

