



ALL ABOUT HELMETS

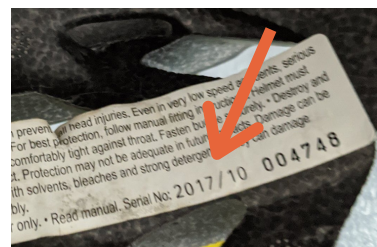
No matter how short the ride or how experienced the rider, a helmet is an important safety measure we can take in case of a crash. There are many factors that are out of our control and unpredictable as we travel, from loose gravel to the unexpected squirrel to the distracted driver.

While helmets aren't required by Colorado law, they can reduce the risk of serious brain injury by nearly 70% and fatal head injury by 65%. We hear many stories of riders whose helmets have protected them in a significant crash.



Consider these factors when purchasing or wearing a helmet to get the most protection:

- **Size:** Helmets sizes are typically measured by the circumference of your head in centimeters and often fit a range (i.e. Large = 59-62 cm).
- **Certification:** Find a helmet with a Consumer Product Safety Commission (CPSC) sticker. No matter the cost, a helmet with a CPSC sticker has met minimum safety standards.
- **Condition:** Helmet materials deteriorate over time, particularly in the sun, heat and moisture, so keep your helmet protected from these elements and replace it every 3-5 years. There should be a sticker on the inside of your helmet with its manufacture date.
- **Crashes:** Remember that not all damage to a helmet is visible and replace your helmet immediately after a crash. Even the outer plastic shell plays a role in protection, so be sure the helmet you're wearing is intact.
- **Fit:** Use the Two-Finger Test on the next page for the best fit and watch [Bicycle Colorado's demonstration](#).



I've seen some helmets labeled "MIPS"... what is it?

Multi-directional Impact Protection System (MIPS) is a specially designed liner built into the helmet that helps protect the brain from rotational forces that can occur in a crash. During an impact, MIPS allows for a small amount of movement of the head which has been proven to help reduce damage to the brain when compared to a traditional helmet. MIPS technology is becoming more common in modern youth and adult helmets for bicycling and other activities.





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Two-Finger Test:



- 1** Two fingers between your eyebrows and the top of the helmet so that your forehead and back of the head are protected.



- 2** Two fingers like a peace sign under the ear, making sure the straps sit flat and the buckle is below your earlobe to keep the helmet from moving side-to-side.



- 3** Two fingers between your chin and strap. The strap should pull the helmet down a bit when you give a big yawn.

- 4** If your helmet has a ratchet in the back, tighten it for a snug fit around the circumference of your head.

- 5** Finally, give your head a shake to make sure the helmet stays in place.



Photo courtesy of Deirdre Moynahan

More resources:

- [Helmet Fact Sheets \(CDC\)](#)
- [Helmet Safety for Kids \(Colorado Parent\)](#)
- [How to Fit a Bike Helmet Video \(Marshfield Health Clinic\)](#)
- [Helmet Tips for Afro-textured Hair \(Bustle\)](#)
- [Two-Finger Test Demonstration \(Bicycle Colorado\)](#)