

# How to Fit Your Helmet

## Step 1 - Position:



The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow. The helmet must not obscure your vision. Many helmets can be tightened using the dial or slider at the back, others come with pads that can be fitted to the inside of it.



The helmet must cover your forehead. The chin strap must be tight and properly adjusted. The helmet should not rock forward or backward on your head. The helmet should not be cracked or damaged.

## Step 2 - Buckles:



Centre the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

## Step 3 - Side Straps:



Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.

## Step 4 - Chin Strap:



Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

## Further Information

tel: 0117 922 4383  
email: [road.safety@bristol.gov.uk](mailto:road.safety@bristol.gov.uk)  
visit: [www.bristol.gov.uk/roadsafety](http://www.bristol.gov.uk/roadsafety)

If you would like this information in a different format, for example, Braille, audio CD, large print, electronic, BSL DVD or community languages, please contact us on 0117 922 4383.

# Cycle Safety Check



Greater Bristol  
 **BETTER BY BIKE**  
Britain's First Cycling City



## Bike Check List

<b>1 Brakes</b>	Make sure they work properly. Check brake blocks are in the right position, not touching the tyre, rubbing or worn out.
<b>2 Brake cables</b>	Make sure they are not frayed.
<b>3 Tyres</b>	Make sure both tyres are pumped up hard. Check for damage and replace if tyres are bald or badly damaged.
<b>4 Wheel &amp; Spokes</b>	Wheels should spin freely. Make sure spokes aren't bent, loose, broken or missing. Ensure all nuts or quick release levers are securely tightened.
<b>5 Reflectors</b>	All cycles should have a white front reflector and a red rear reflector. Lights should be used when cycling in the dark.
<b>6 Steering</b>	Can become loose. Check handlebars can't turn independently from the front wheel.
<b>7 Handlebars</b>	Make sure they are correctly positioned. The bar ends must not be exposed, replace grips or cover ends if damaged.
<b>8 Frame</b>	Check frame is not bent or cracked. Ensure all nuts or quick release levers are securely tightened.
<b>9 Pedals</b>	Should be firmly attached to cranks, able to spin freely and have no parts missing.
<b>10 Saddle</b>	Should be adjusted to the correct height without exceeding the maximum height. Check saddle is securely tightened.
<b>11 Chain</b>	Keep well oiled and clean.
<b>12 Gears</b>	If the bike has gears make sure they are working properly and gears cables aren't frayed.
<b>13 Mudguards</b>	Any mudguards or accessories should be firmly attached and must not obstruct any moving parts.
<b>Bike size</b>	Your child should be able to touch the ground easily with their toes on both feet and reach the handlebars. A bike that is too big or too small can be dangerous to ride.

As part of the training course your child's bike will be checked by an instructor to assess its safety and general roadworthiness. This diagram and checklist may help you with general maintenance and to identify faults.

Please ensure that any faults are rectified, as unroadworthy bikes may not be used on the course.

