

A correctly fitted, correctly worn cycle helmet can reduce the risk of serious head injury

Protect Your Head!

Measure the circumference of your head just above your eyebrows.

Match your head size to the size on the helmet.

The helmet must be level not tilted backwards.

Try to move the helmet about on your head. It should not move very much.

Adjust the helmet if necessary, you may need to use the adjuster pads.

The forehead should not be exposed.

You should be able to see clearly.

The straps must go around your ears, not over them.

The buckle should be under your chin, not on your jaw bone.

If the helmet does not fit snugly, try another helmet.

Wear a cycle helmet!

Safety Standards

Only buy a helmet that meets one of these standards:
SNELL B 95, BS6863, BS EN 1078

Remember

- Replace your helmet if you have a collision or if you drop it - serious damage may not be visible, a hard knock will weaken it and it will no longer provide protection
- Never put stickers or paint on your cycle helmet - these will weaken its structure
- Only clean your cycle helmet with a soft cloth and water



Produced by
Road Safety Wales
☎ 02920 250600

Os yw helmed feicio wedi'i gosod a'i gwisgo'n iawn, gall gwtogi ar y perygl y caiff dy ben anaf difrifol

Mesura o gumpas dy ben ychydig uwchlaw dy aelïau.

Cyplysa maint dy ben â'r maint ar yr helmed.

Rhaid i'r helmed fod yn wastad, ac nid yn pwyso'n ôl.

Ceisia symud yr helmed ar dy ben. Dylai hi ddim symud rhyw lawer.

Addasa'r helmed os bydd angen. Efallai y bydd angen i ti ddefnyddio'r padiau arni.

Dylai dy dalcen di ddim bod yn y golwg.

Dylet ti fod yn gallu gweld yn glir.

Rhaid i'r strapiau fynd o amgylch dy glustiau, nid drostyn nhw.

Dylai'r bucl fod o dan dy ên, nid ar asgwrn dy ên.

Os nad yw'r helmed yn ffitio'n dynn, chwilia am helmed arall.

Safonau Diogelwch

Pryna helmed sy'n bodloni un o'r safonau hyn: SNELL B 95, BS6863, BS EN 1078

Cofia wneud hyn

- Mynnu helmed newydd os cei di wrthdrawiad neu os wyt ti'n gollwng yr helmed – gall difrod difrifol iddi beidio â bod i'w weld, ond bydd cnoc galed yn ei gwanhau ac ni fydd hi'n gallu dy ddiogelu
- Peidio byth â rhoi sticeri na phaent ar dy helmed feicio – bydd hynny'n gwanhau ei fframwaith
- Defnyddio lliain meddal, a dŵr unig, i lanhau dy helmed feicio

Diogela Dy Ben!

Gwisga Helmed Feicio!



Cynhyrchwyd gan
Diogelwch Ffyrdd Cymru
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