

ALWAYS WEAR YOUR HELMET

TIPS FOR SAFE CYCLING:

- * Always wear your helmet—it is compulsory in NZ;
- * Make sure your helmet is standards approved;
- * Wear the right size; the helmet should fit snugly on your head with a minimum use of pads;
- * Buy a brightly coloured helmet or one with high visibility stickers on it, so that you can be easily seen by other road users
- * If your helmet gets damaged, replace it with a new one;
- * Never buy a second hand helmet;
- * Make sure your bike is working properly before you ride it;
- * Learn the rules of the road and obey all traffic rules.

- * Respect traffic signals they are meant for riders and drivers.

IMPORTANT FACTS ABOUT CYCLING AND HELMETS:

Cycle helmets reduce the risk of brain injury by up to 88 percent and the risk of facial injury by up to 65 percent for cyclists of all ages.

Head injury is the most leading cause of death in bicycle crashes and is the most important determinant of bicycle -related death and permanent disability.

The single most effective safety device available to reduce head injury and death from bicycle crashes is a helmet.

**Remember a bicycle
helmet is a necessity
not an accessory**