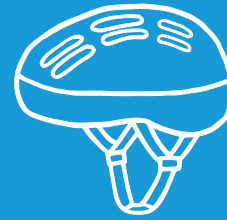




## THE SIMPLE HELMET FIT CHECK



Two finger widths above  
the eyebrows.



Helmet straps must be  
correctly adjusted with no  
twists. The straps should  
form a 'V' shape around  
the ears.



The buckle fastened and  
two fingers can fit under  
chin strap.



If the helmet moves out  
of position easily it is not  
correctly fitted – straps are  
loose or helmet is too big.

## DID YOU KNOW?

- o Wearing a helmet when riding a bicycle reduces the risk of head injury by 74%.
- o Head injuries are very common for skateboarders not wearing helmets.
- o Every year in Victoria, about 250 children are hospitalised as a result of scooter accidents, with head injuries common.

# ROAD TO ZERO

## HELMETS: WHAT YOU NEED TO KNOW



## GUIDE FOR PARENTS

[ROADTOZERO.VIC.GOV.AU](http://ROADTOZERO.VIC.GOV.AU)





CHILDREN AND ADULTS SHOULD WEAR A HELMET AT ALL TIMES WHILE RIDING A BICYCLE, SCOOTER OR SKATEBOARD.



## Set a good example

Children's behaviour is shaped by what their parents/carers do. When it comes to wearing a helmet while riding a bicycle, scooter or skateboard, you need to be a good role model for your own and other children.

## Make sure your helmet is safe

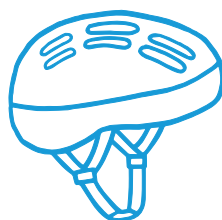
- Choose a helmet that carries the Australian Standard mark. This means it is safety approved, legal and meets the Australian/New Zealand Standard AS/NZS 2063.
- If possible, choose a helmet with Multi-Directional Impact Protection System (MIPS) technology. A MIPS helmet has a low friction layer between the helmet and the head, designed to reduce brain trauma in the event of a crash. For more information, visit [www.mipsprotection.com](http://www.mipsprotection.com)
- The helmet needs to be the right size and correctly fitted. See the Helmet Fit Check in this guide.
- A helmet is designed to protect a head for one impact only. Replace it if it has been in an accident, dropped or has any damage, such as cracks in the foam or worn or frayed straps.
- Don't wear a cap under a helmet as this can affect how the helmet fits and protects the head in an accident.

## The law on bicycle helmets

It's against the law to ride without a helmet. The fine for not wearing a helmet is \$201 (as at 1 January 2019).

## Other safety gear for skateboarding

Falls can be common so wrist guards and knee and elbow pads are strongly advised to reduce injuries.



## Find safer places to cycle, scoot and skate

- For younger children, the safest places to ride, scoot and skate are the backyard or a park, well away from traffic. Driveways are not safe places for play.
- Children under 12 years of age shouldn't ride on the road. They are allowed to ride on footpaths and adults can legally ride with them.
- Victoria has an extensive network of paths for safer cycling, scooting and skating. Many of these paths travel through parklands and are well away from roads.

## Where to get more information

This guide provides broad road safety advice only. For more comprehensive information about Victorian laws regarding the use of bicycles, scooters and skateboards, visit [vicroads.vic.gov.au](http://vicroads.vic.gov.au).