



Protect
Your
Head!



Wear
a
cycle
helme
t!



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

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.

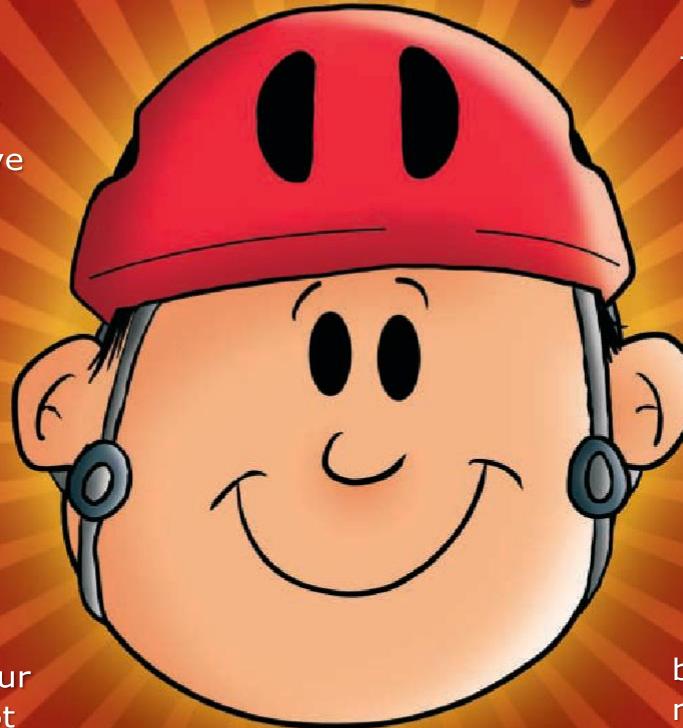
Try to move the helmet about on your head. It should not move very much.

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

Safety Standards

Produced by
Road Safety
Wales

02920 250600



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.

Remember

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

- › 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



Diogel
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Be
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Gwisia
Feicio
a
Helme
d



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

Mesura o gwmpas
dy ben ychydig
uwchlau dy aeliau.

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

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

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

Safonau
Diogelwch

Cynhyrwyd gan
Diogelwch Ffyrdd
Cymru

02920 250600



Ddylai 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 bwcl fod o
dan dy ên, nid ar
asgwrn dy ên.

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

Cofia wneud hyn

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

- Mynnau helmed newydd os
cei di wrthdrawiad neu os
wyd ti'n goll- wng 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 llain meddal, a dw^r unig,
i lanhau dy helmed feicio