



Protect  
You  
Head!



Wear

a  
Cycl  
Helm  
et!



# 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  
Da  
Bye  
n!



Gwisgo  
a  
Helme  
d



# 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 gwmpas dy ben ychydig uwchlaw dy aeliau.

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

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

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

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

**Safonau  
Diogelwch**

Cynhyrchwyd gan  
Diogelwch Ffyrdd  
Cymru

'6 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

- Mynnu helmed newydd os  
cei di wrthdrawiad neu os  
wyt 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 lliain meddal, a dw'r unig,  
i lanhau dy helmed feicio