

# Protective Headgear

Power-assisted  
bicycle

Motorcycle

All-terrain vehicle

Snowmobile



Québec 

Correctly wearing a helmet that meets standards can reduce the severity of head injuries sustained in an accident or even prevent a fatality. It is a simple yet effective means of preventing head injury which often requires lengthy treatment and can leave someone with permanent aftereffects. According to the National Highway Traffic Safety Administration in the United States, a motorcycle rider who wears a helmet cuts the risk of head injury by one-third, as compared to a helmetless rider, and the risk of dying by 37%, from an accident.

The Protective Helmets Regulation, which came into force on July 27, 2006, requires drivers and passengers of certain types of vehicles to wear a helmet that meets manufacturing standards. The suitability of a helmet varies with the vehicle in use. A non-standard helmet might provide inadequate protection.



## WHO MUST WEAR A HELMET?

### **The vehicle operator AND passengers:**

- on a motorcycle or in a sidecar, on a scooter or moped
- on an off-road vehicle such as a snowmobile, all-terrain vehicle (quad), off-road motorcycle (moto-cross, enduro, etc.), and a sled or trailer drawn by any of these vehicles
- on a power-assisted bicycle.



## WICH TYPE OF HELMET?



### **A.** For riding

- on a **MOTORCYCLE** or in a **SIDECAR**
- on a **SCOOTER** or **MOPED**
- on an **OFF-ROAD VEHICLE** or on a **SLED** or **TRAILER** drawn by such a vehicle

the helmet must comply with one of these standards:

- CAN-3-D230 of the Canadian Standards Association
- DOT FMVSS 218 of the United States Department of Transportation
- Specifications for Protective Headgear for Vehicular Users Z90.1 of the American National Standards Institute
- Snell Memorial Foundation
- British Standards Institute
- ECE Regulation 22 of the United Nations Economic Commission for Europe.

A peace officer can demand to examine your helmet. Only helmets meeting the above standards may be sold or rented.



When riding an off-road vehicle, or on a sled or trailer drawn by such a vehicle, **if your helmet does not have a face shield, you must wear goggles unless the sled or trailer on which you are seated has a closed cab.** In any event, a face shield provides additional protection.





A face shield is recommended for motorcycle riding, as it affords protection to the entire face, not just the eyes. In the absence of a face shield, goggles are recommended for motorcyclists. Face shields and goggles offer protection for the eyes from dust, insects and road debris, allowing the rider to prevent loss of control when struck by such projectiles. The face shield or goggles must be free of dirt, regularly maintained with a non-abrasive product, and present the following features:

- Be shatter-proof
- Not limit the wearer's field of vision
- Fitted to the helmet or, in the case of goggles, to the wearer's face
- Be solidly attached to the helmet and allow the wearing of eyeglasses.

Suitable clothing can add to a motorcycle or off-road vehicle rider's comfort and safety: long-sleeved jacket and pants, gloves and boots.

## **B**. If you ride a POWER-ASSISTED BICYCLE

Riders of a power-assisted bicycle **must wear a cycling helmet** comprised of an outer shell, with padding on the inside and fitted with a chin strap.

The helmet should meet one of these standards:

- CAN/CSA-D113.2 of the Canadian Standards Association
- 16 CFR Part 1203 of the Consumer Product Safety Commission in the United States
- ASTM F1447 or ASTM F 1898 of the American Society for Testing and Materials
- EN 1078 of the European Committee for Standardization
- B-90 and B-95 of the Snell Memorial Foundation

A cycling helmet that does not meet one of these standards might not be providing enough protection.



## WHAT IS PROPER USE?

Applicable legislation requires that a helmet:

- be fitted to the wearer and securely held with a chin strap. Properly fitted means the top of the wearer's head rests against the upper padding. The helmet must neither slide forward or backward with head movement when the chin strap is attached
- not have its outside or internal structure undergo any modification or deterioration.

**Should a helmet sustain an impact, the shell and padding could be damaged even though this might not be visible.** In such a case, manufacturers recommend it be replaced.



A bright-coloured helmet will help its user be more easily seen. Reflector tape could be added to the sides and rear of a helmet. Check the manufacturer's instructions before placing reflective material on a helmet.



## WHAT ARE THE **PENALTIES?**

### **Motorcycles and scooters or mopeds**

Motorcycle and sidecar riders, and scooter or moped riders not wearing a helmet complying with standards set out in section A above or who refuse to allow a peace officer to examine their helmet are liable:

- to be fined from \$80 to \$100
- to have three demerit points entered on their driving record with the SAAQ.

Should the passenger be under age 16, the penalty goes to the driver.

### **Power-assisted bicycles and off-road vehicles**

The amount of the fine is from \$100 to \$200 for a rider:

1. of a power-assisted bicycle or of an off-road vehicle or a sled or trailer it is hauling, **who fails to wear a helmet that meets standards**. In such a case, no demerit point will be entered on the person's driving record
2. of an off-road vehicle or a sled or trailer it is hauling who fails to wear a **helmet fitted with a visor, or goggles**.

### **Sale or rental of helmets**

Anyone who sells or rents helmets not meeting the above standards is liable to a fine of \$200 to \$300.

For more information on helmets:

[www.saaq.gouv.qc.ca](http://www.saaq.gouv.qc.ca)

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