

Are You in the Right Gear? Wear a Helmet

i N F O
update

It's the law to wear a bike helmet in British Columbia.

Bike helmets reduce injuries and save lives.

Every year hundreds of Canadians are injured as a result of bicycle crashes. Based on police reports in B.C., head trauma is one of the most commonly reported cyclist injuries. One North American study reported that about 75 per cent of all cyclist fatalities, and two-thirds of hospital admissions for cycling injury involved head trauma. So get into the right gear and protect yourself. Buy a helmet, wear it and set the right example for younger cyclists. Bike helmets are mandatory in British Columbia.

Look for the stamp of approval.

Most bicycle helmets on the market meet the minimum requirements of one or more of the following current standards:

CSA D113.2	Canadian Standards Association
Snell B90	} Snell Memorial Foundation
Snell B90 Supplement	
Snell B95	
ASTM F1447	American Society for Testing Materials

If you are buying a new helmet make sure it has a sticker indicating that it meets one or more of these standards.*

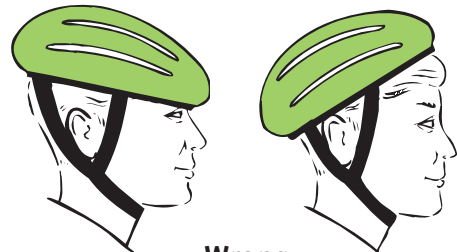


* The ANSI standard Z90.4 was withdrawn in February, 1995.

Just as important, ensure your helmet fits properly. It shouldn't tip forward or backward but fit snugly and squarely on your head. If you're not sure, ask for help at your local bike shop.



Right



Wrong

Get into the right gear.

A helmet can prevent injuries. But riding sensibly prevents collisions. When you cycle remember the rules of the road. The *Motor Vehicle Act* applies to cyclists too.

Respect motorists, pedestrians and other cyclists. And always expect the unexpected.

Getting into the right gear also includes wearing clothing that's bright enough to be seen on the road or trail, using lights at night and taking the time to give your bike a safety check.