

Buckle

Description

The black plastic clip found at the bottom of the strap.

Function

To connect the straps and hold the helmet to the head.

What to look for

Check that the buckle snaps in properly and stays secure when tugged.



Stabiliser

Description

The knob or adjuster found at the back end of the helmet can be adjusted by twisting or pushing together to tighten.

Function

Adjusts the diameter of the helmet for a snug fit on the head.

What to look for

Once adjusted it should stay in place and not loosen.

If a helmet is still loose or tight after adjusting the stabiliser this means the helmet is not the correct size for the rider, and should be replaced.



For more information

visit: dit.sa.gov.au/way2go/bike_ed

call: 08 8343 2459

email: DIT.Way2Go@sa.gov.au



Government of South Australia
Department for Infrastructure
and Transport

Safe Helmet fact sheet



PARTS OF A SAFE HELMET



Outer shell

Description

The hard plastic layer is glued or taped to the inner shell. Some helmets have ventilation holes (vents) and/or a plastic visor attached that is designed to detach in a collision. Helmets come in a variety of colours and designs.

Function

Protects the inner shell.

Helps the helmet slide easily across the road surface in a fall or collision. Less friction means that the rider's head or neck is less likely to experience a sudden jerk and cause injury.

What to look for

The outer shell should be smooth with no damage.

Avoid helmets with

- Cracks or the inner shell peeling away (see example).
- Stickers or attachments that were not part of the original design.

Be wary of helmets with items such as diamante stickers or soft foam spikes attached and/or with certification not relevant to bike riding. They may be visually appealing but **they are not safe to use**. You may also find items such as a high vis cover, helmet hat or mirror attachments. These affect the function of the outer shell.



Inner shell

Description

The Expanded Polystyrene (EPS) foam layer that is often black or white in colour. Most approved manufacturers attach the Australian Standard sticker with the code **AS/NZS 2063** on the inner shell. It is not recommended to remove the padding.

Function

On impact protects the head from serious injury by absorbing the kinetic energy softening the blow to the head.

A helmet should be replaced if it has been involved in a crash. There may not be any noticeable signs of damage or indentation but the foam will not be able to effectively compress and absorb another impact.

What to look for

- The Australian Standards sticker. If it doesn't have the code **AS/NZS 2063** then it is not safe or legal to use in Australia.
- No cracks or chunks of foam missing.



Straps

Description

Made of strong material such as nylon or polypropylene and attached to the side of the helmet.

Function

Holds the helmet to the rider's head. In the correct position the adjuster should sit just underneath the ear.

What to look for

- No fraying or damage to the straps.
- Straps can be adjusted for a correct fit.

