

Getting it right

The Active Mobility Advisory Panel's recommendations to the Government include the mandatory use of helmets when cyclists are travelling on roads. While some people are averse to the proposal, The Straits Times shows how a good helmet can help save lives.

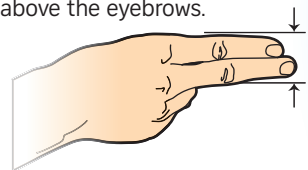
What to look out for when buying a bicycle helmet

LIGHTWEIGHT
Good-quality helmets can weigh as little as 300g

VENTILATION OPENINGS
Allow **good air circulation and heat dissipation**

Correct way to wear your helmet

It should **sit low on your forehead** – about two finger-widths above the eyebrows.



The two side plastic pieces on the straps should fit **just below the ears.**

Tighten the chin strap such that you can feel the inside of the helmet pressing down on the top of your head when your jaws are half open.

- The helmet **must always be buckled.**
- The buckle should be just under the chin – about a finger's width of space between the strap and the chin.

The makings of a good helmet

First layer: Cap shell

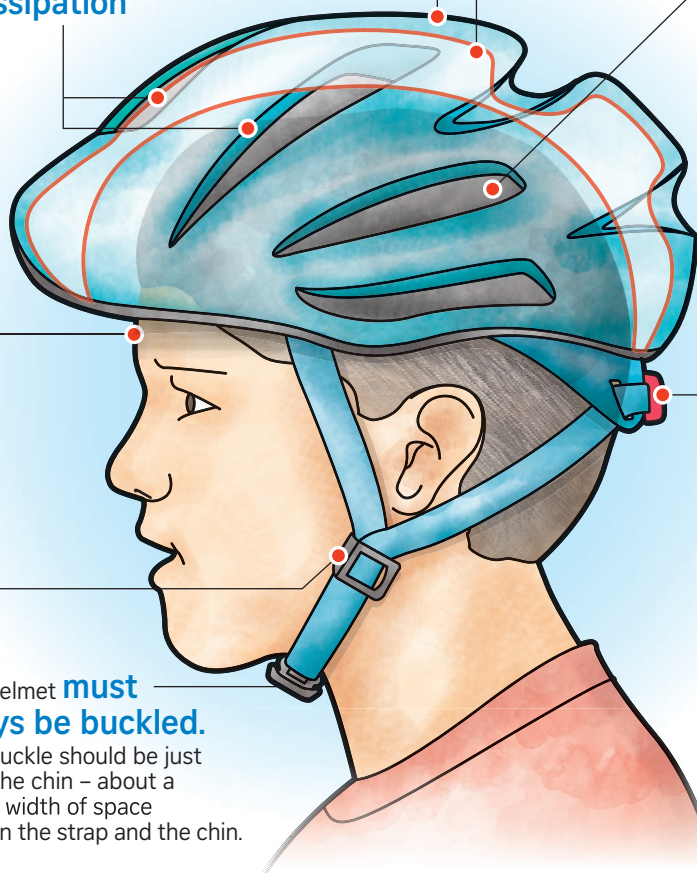
- Made of strong, tough polycarbonate
- Ensures the uniform dispersion of the impact force

Second layer: Foam layer

- Made from dense expanded polystyrene
- Effectively absorbs the impact force

Third layer: Pad liner

- Dense mesh structure
- Removable



Adjust the locking mechanism for **back-of-head fit.**



FINAL CHECK

- Gently roll the helmet back and forth and sideways while wearing it.
- A useful rule of thumb is that it should not move more than 1.5cm in any direction.

Wrong way to wear your helmet



Poor helmet fit and straps are loose