

Checklist Safety on the go



Security Tech Germany

Bicycle helmet



Protect your life with a bicycle helmet!

Studies show that most severe and fatal injuries of bicycle riders are head injuries. More than 80% of severe brain injuries resulting from bicycle accidents could be avoided if bicycle riders would wear helmets. But only certified, state-of-the-art products ensure the highest degree of safety.

Checklist for the purchase of a bicycle helmet:

- **Optimal fit**

Only a helmet that fits well, doesn't pinch, and is well ventilated will be used. That's why time needs to be taken to try on a helmet without being rushed. This is best done with professional advice in a specialty store.

- **Options for adjustment**

The helmet should be easily adjusted and reliably keep these adjustments over a long period of time. Patented adjustment systems (such as ABUS ZOOM) for the head ring and straps help with this.

- **Good ventilation**

Good ventilation with many large openings makes the helmet comfortable to wear. Protective insect netting should also be integrated, especially in children's helmets.

- **Compliance with standards**

Certification of a helmet according to the European standard EN 1078 (CE) only covers the very lowest minimum requirements. Modern bicycle helmets offer much more in terms of technology and equipment than this standard requires.

- **Be careful of bargains**

Good helmets have their price. A few euros can't buy safety. Good advice always pays for itself.

- **Be a role model**

Adults are role models for their children! The intensive efforts of children's traffic education initiatives and the police in regard to the use of bicycle helmets only make sense if adults also wear helmets when they are riding bicycles.