



1

Your helmet sits low and level on your head. Two fingers should fit between your brow and the base of the helmet.



2

Making a 'V' with your fingers around the bottom of your ears shows where the straps should be. Adjust the sliders to lock them into place.



3

Buckle the chin strap and tighten. Once fastened, a finger should fit under the strap beneath your chin.



Look for the safety standard sticker on your helmet before you buy. Remember, if your helmet has a crack it will need to be replaced.

Bike Easy Helmet and Bike Check

For more information on cycle safety visit: nzta.govt.nz/safety/walking-cycling-scooters/cycling



porirua city

PC-12247



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Before you hop on your bike, it's important to make sure your helmet fits properly.

Follow these simple steps to make sure you're good to go.



Make sure your bike is good to go before you ride.

Do this quick check before you hop on your bike.

Do you have a bike bell?

Ring your bell to let pedestrians and other cyclists know you are approaching.

Are your brakes working?

Check your brakes by pushing the bike along and pulling on each brake lever in turn. You should feel the brakes gripping each wheel and stopping them from turning.

Make sure you have a red rear reflector. This helps you be seen and is required by law.

Riding in low light?

Use a white front light and a red rear light to help you be seen!

Check levers or bolts

Check that the quick release levers (or bolts) on seat stem and wheels are tight and closed in.

Are your tyres fully pumped?

Push down on the top of each tyre with your thumb. If you can't make an indent, you're good to ride.

If your tread is worn down to bald, it's time to change your tyres.

