



Using a helmet drastically reduces the possibility of serious injury in the event of an accident. However, no helmet can protect the wearer against every type of impact.

Always wear your helmet correctly fastened (Highway Code). Helmets do not have an expiry date, but they should be replaced after five years of regular use.

CHOOSING AND BUYING A HELMET

Helmets are not all the same but, like motorbikes, they are divided into different categories according to their use: there are helmets for tourism, for the city, for off-road use, each with their own specific features.

You should, therefore, choose your helmet according to how it will be used and the type of motorbike that you ride. Compared to the open face/semi-open face style helmet, the full face helmet guarantees protection of the chin area. When you buy a helmet, the most important thing is to choose the right size: measure the circumference of your head with a tape-measure to find out your correct size. If you have never bought a helmet before, you probably don't know what size you take. Don't rush into buying a helmet, try on several models, bearing in mind the following points:

1. The helmet should not be so big that it moves about on your head, nor should it be so tight that it squeezes your head. A helmet that is too big may slide down and cover your eyes, or slip sideways while you are riding your motorbike.
2. Having put the helmet on and fastened it, try to remove it by moving it forwards and backwards. If it tends to come off easily or move about, it means that it is too big for you or not suitable for the shape of your head.
3. Each helmet is supplied with instructions. Make sure that the instructions are included with your helmet and read them carefully, then follow the indications given.
4. Only buy standard-approved helmets with the ECE/ONU label referring to the most recent amendment.
5. Never buy a second-hand helmet, even if the price is tempting. Nobody can tell exactly what condition it is in (whether it was worn in an accident, etc.).

HELMET MAINTENANCE

The helmet protects your head, therefore it should be treated with care. It must be replaced if it receives a heavy blow or if it is damaged following improper use. Furthermore, it must definitely be replaced in the event of an accident however slight and even if it does not show any sign of damage. In fact any alteration could make it ineffective. The visor too must be replaced if it is scratched. The helmet may also be seriously damaged by some common substances without the damage being visible. Therefore, do not apply paints, petrol or other chemical solvents to the helmet and follow the manufacturers instructions very carefully. Use just water and neutral soap to clean the helmet and the visor. Do not leave the helmet exposed to the sun or other sources of excessive heat (such as the motorbike silencer). Do not alter your helmet in any way. If it is not suitable, replace it taking care to choose something better next time!

USING THE HELMET

Once you have chosen the most suitable helmet, it must be worn correctly: for your safety it is important to fit the helmet properly on your head at all times and fasten the chinstrap securely.

5 things to be remembered at all times:

1. Before using the helmet, make sure that you have read the instructions fully and that you have followed all the recommendations for wearing the helmet properly.
2. Do not use the helmet without fastening it. An unfastened helmet comes off at the first impact and becomes completely useless.
3. Do not fasten the helmet using just the Velcro. The Velcro is only provided to stop the chinstrap from flapping.
4. The helmet may deaden the sound of traffic. Make sure that you can hear sounds such as horns and emergency sirens.
5. To ensure the helmet guarantees optimum performance, never alter it in any way.

WHAT DOES A HELMET CONSIST OF?

1. External shell: it is made of thermoplastic material or composite fibres.
2. Internal shell: its purpose is to absorb the impact and it is made of expanded polystyrene. In the event of an impact, even minimal, the shell will be damaged and the helmet must be replaced.
3. Internal lining: usually it consists of expanded polyurethane combined with breathe-through, non-allergenic fabric. Its purpose is to adapt the helmet to different sizes and to make it more comfortable to wear. This inner lining is removable and washable.
4. Air vents: they guarantee internal ventilation and, therefore, an air flow.
5. Chinstrap. Two types are used: a double ring (DD), a rapid release system.
6. Visor: it is made of transparent thermoplastic material and treated to be abrasion resistant (may also have an anti-fog feature). It must be replaced when small scratches make night-time riding difficult.

IN THE EVENT OF AN ACCIDENT

If you are involved in the accident.

The helmet has probably saved your life. The internal shell, even though it is not visible, will be deformed because it has absorbed the impact.

Keep your old helmet amongst your most treasured possessions and buy a new one. A helmet must always be replaced after an accident.

If you witness an accident.

First of all, keep calm. Warn oncoming cars immediately of the accident by placing a helmet on the road, using a fluorescent suit, the motorbike's flashing indicator lights Then ask for an ambulance: only the ambulance attendants know how to treat an injury. In the meantime, follow these simple regulations that are common sense:

- Do not under any circumstance move the injured person (unless there are risks of even greater danger, for example of being run over by an oncoming car, or being involved in a fire): moving the injured person, if they have a spine injury, could mean damaging the spinal cord and paralysing them for the rest of their life.
- If the person is wearing a helmet, do not remove it, but open the visor to help them breathe more easily.
- Keep the person calm and cover them if possible: shock causes trembling and cold. Do not give them alcohol to drink.
- Plug any wounds that are bleeding heavily protecting the hands with gloves or in other ways and then take care to throw the gloves away if they are covered in blood. Do not use tourniquets: if you place them in the wrong position, you could cause a more serious haemorrhage.
- Do not under any circumstance put the injured person in a car; wait for the ambulance. If the person is conscious, talk to them and keep them calm.

STANDARD APPROVAL LABEL

The ECE label shows:

- the international standard approval mark consisting of a circle with the letter E inside followed by the number identifying the country that issued the approval (1 = Germany, 2 = France, 3 = Italy, 4 = Holland, etc.);
- a first series of numbers "0452719" that corresponds to the details of the standard approval, the first two numbers of this series "04" (in the future 05, 06 ...) indicate the series of amendments to Regulation 22 according to which the helmet approval was granted;
- a second series of numbers "009607" that corresponds to the production serial number.