

# TEAM CHAT

## Helmet

**FACT**

**Helmet significantly reduce the risk of serious head injury in a crash or rollover.**

It won't help if it's sitting back in the shed.

**FACT**

**A helmet that doesn't fit properly offers less protection. Fit matters.**

You should only be able to fit two fingers between the strap and your chin.

**TEAM QUESTION**

**Do we ever skip the helmet when we're in a hurry?**

**Does everyone have their own helmet?**

## Helmet Check



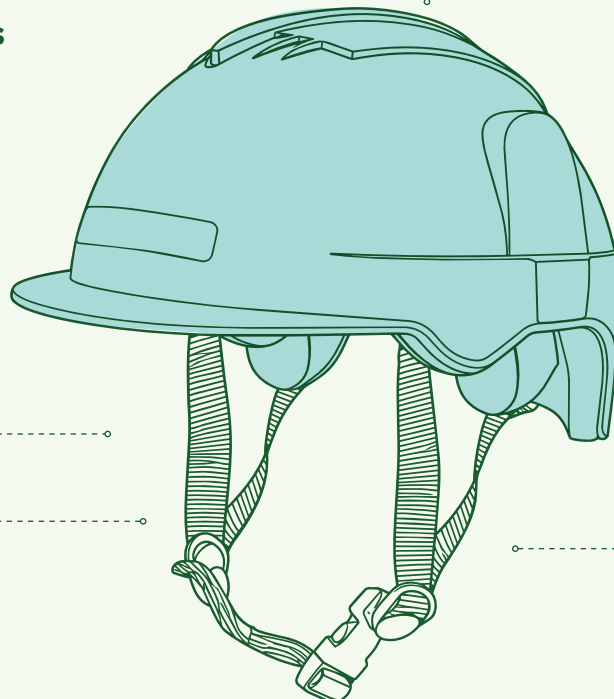
Are there any cracks, deep scratches or dents on the outside of the helmet or front visor?



Is the inside liner of the helmet cracked or dented?



Is the helmet older than 5 years?



Is the helmet or strap too loose fitting?



Are we travelling over 30km/hr? Is this helmet rated to be under 30km/hr only?



Is the strap ripped or worn or damaged? Is the clip damaged or it doesn't do up?

**IF THE ANSWER IS YES TO ANY OF THESE QUESTIONS, IT'S TIME FOR A NEW HELMET!**

To dispose of a helmet, find your local recycling spot otherwise, cut the straps and place it in the rubbish.