

# Safety Check ✓

*From the Safety Chick*

Thanks to a number of AHBA Riders for sending me bike safety articles and information they have come across. The July 2004 Consumer Reports has a two-page article on Bike Helmets including their "Ratings." Some important information in the article:

1. All helmets sold in the U.S. must meet federal safety standards for impact and buckle-and-strap standards. Whether the helmet is priced at \$100 or \$40 – the standards are the same. Expensive helmets tend to have more vents or styling.
2. Not all helmets are suited for multi-sports. If you are also into skate-sports, check to make sure the helmet is rated for skate-style or multi-sport.
3. Try the helmet before you buy it. Your local bike shop will have a lot of choices and will be able to advise on proper fit for you or your child.

For Proper Fit (also from Consumer Reports, July 2004)

- 🚲 Use the appropriate pads and rear stabilizer or fit system to create a snug fit when you place the helmet level on your head.
- 🚲 With the chinstrap buckled and all other straps tight, push up firmly on the helmet's front edge. If the helmet moves enough to expose the forehead, shorten the front straps, then tighten the chinstrap enough so that you can feel the top of the helmet when you open your mouth. Repeat as necessary.
- 🚲 Grasp the helmet by its rear edge and peel it off to the front. If it moves enough to cover your eyes, shorten the back straps (but leave the front straps alone.) Repeat as necessary.
- 🚲 If you still can't achieve a satisfactory fit, choose another model.

*Thanks to Jim Barr for sending the article to my attention.*

Other Tidbits –

There is a great website – [www.bicyclesafe.com](http://www.bicyclesafe.com) with an article titled How to Not Get Hit By A Car. It Lists 10 Ways Not to Get Hit.

Collision Type #3 Red Light of Death (a condensed version)

You stop to the right of a car that's already waiting at a red light or stop sign. They can't/don't see you. When the light turns green you move forward, and then they turn right, right into you. Even small cars can do you in this way, but this scenario is especially dangerous when it's a larger vehicle or truck.

To Avoid this

Don't stop in the blind spot, stop BEHIND the vehicle, instead of to the right.