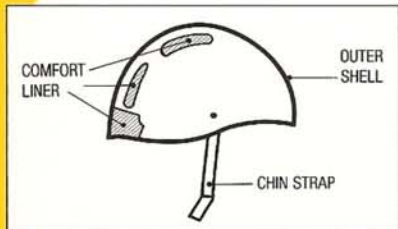
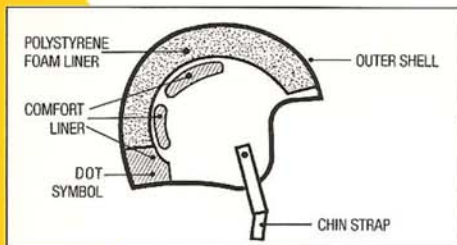


**Unsafe  
Helmet**

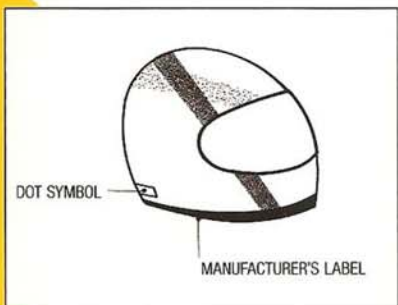


A used helmet may have been involved in a crash and damaged in ways that are not obvious. Even falls from places like the motorcycle's seat or the end of a handlebar shorten a helmet's life span. Be sure to replace your helmet if it has been in a crash. Any damage to a helmet reduces its effectiveness, so replace your helmet if it has been damaged. If you are not sure that your helmet needs to be replaced, arrange to return it to the manufacturer for inspection. Care for your helmet as indicated in your owner's manual.

**Safe  
Helmet**



**Labeling  
Locations**



  
 U.S. Department  
 of Transportation  
**National Highway  
 Traffic Safety  
 Administration**  
 DOT HS 808 098  
 June 1994

**Avoid  
wearing a  
damaged  
helmet.**

For more information visit:  
[www.tntrafficsafety.org](http://www.tntrafficsafety.org)  
 Or call: 1.800.99.BELTS



When you ride,  
 take care of  
 yourself and the  
 ones you love.  
 Think safety.  
 Wear a helmet  
 and protective  
 clothing, and  
 complete a  
 rider education  
 class (call  
 1-800-447-4700  
 for courses in  
 your area).  
*Remember  
 there's a lot  
 riding on it.*



**CHOOSING  
A HELMET**



A helmet is the most important piece of motorcycle safety equipment you can buy. Many motorcycle riders choose not to wear helmets, thinking that as experienced riders they do not need a helmet. Even those who have ridden motorcycles for many years can never be certain when they will encounter a situation on the road that is beyond their control. The majority of multi-vehicle motorcycle crashes are caused by the operator of the other vehicle. The following guidelines will assist you in choosing a helmet that offers the most protection without sacrificing comfort or style.

There are helmets being sold that *do not* meet the DOT standard and *do not* provide the level of protection you need when you are on a motorcycle. Make sure your helmet meets the Department of Transportation's (DOT) Federal Motor Vehicle Safety Standard (FMVSS) 218. First, look for the DOT symbol on the outside back of the helmet. Then, look for a label inside the helmet stating the manufacturer's name, month and year of manufacture, construction materials, helmet model and size, and owner information. A complying helmet *must* have *both* labels.

**Think safety and comfort.**

**Be certain your helmet meets the DOT standard.**

**Make sure your helmet is well made.**

**Think about style.**

**Make sure your helmet can be seen.**

Helmets that comply with the federal safety standard will have a firm polystyrene (styrofoam) inner liner of about one-inch and weigh about three pounds. They will also have sturdy chin straps with solid rivets. Safe helmets will *never* feature spikes or other protruding decorations.

Full-face helmets offer the most protection in a collision. Plastic face shields protect you from wind, dust, rain, insects, and road debris thrown up from cars. If you buy a helmet without a face shield, be sure to wear goggles to protect your eyes. Remember, a windshield is not an adequate substitute for a face shield or goggles. And neither are eyeglasses — glasses cannot keep your eyes from watering and are easily dislodged.

Brightly colored helmets will increase your visibility to other vehicles. Add reflective tape on the back and sides of the helmet for even greater visibility.

*Always* try on a helmet before you buy it. Your helmet should feel snug and it should not turn freely around your head. It should not be able to move back and forth on your head. A helmet should not in any way prevent you from turning your head to observe traffic. All helmets are required to provide the wearer with a 210 degree field of vision.

When you wear a properly fitted helmet, wind noise is actually reduced. Although a helmet does reduce the intensity of sounds, it reduces the intensity of all sounds equally. Loud external sounds such as car horns and sirens are still very audible above all other street noises.

Each brand of helmet fits differently. So try on a variety of brands to find the one that fits you best. The dealership staff will assist you with the proper fit.

An unfastened helmet will fly off in a crash. Whenever you have the opportunity, check the chin strap to make sure it is still secure.

**Make sure your helmet fits properly.**

**Always fasten and tighten the chin strap.**