

## Learn how to fit a bike helmet correctly (2-4-1 rule)

### Did you know?

The law requires all cyclists to wear a bicycle helmet when riding a bicycle.



Two fingers above your eyebrows to the bottom of your helmet.



Adjust the straps so the sliding clips sit right underneath the ear lobe, and the straps form a 'Y' shape.



The chin strap should not be able to be pulled up and over your chin.



1. Unclip the buckle.
2. Ensure the helmet is the right way around.
3. Place the helmet on your head so that it sits flat with a two-finger width gap between the eyebrows and the helmet rim.
4. If the helmet has an adjustable cage at the back, tighten it so that the helmet is snug.
5. Adjust the side straps, checking that there is no fraying or twists. On each side there is a clip which should sit right beneath the earlobe, forming a 'Y' shape on each side.
6. Tighten up the chin strap and clip the buckle. You should be able to fit one finger between your chin and strap (2-4-1).

## Learn how to do the ABCD Quick check on a bike

Check your bike every time you go for a ride, but especially if you haven't ridden it for a while.

It's simple – every time you ride you just have to remember your **ABCD Quick check**.

- A. Air** Check that you have air in your tyres.
- B. Brakes** Check each brake by wheeling the bike forward and squeezing the brakes one at a time.
- C. Controls** Check the chain, pedals and handlebars. The chain should be black or silver, not rusty. The pedals should spin freely. The headset should be tight so that the handlebars do not move independently of the wheel.
- D. Drop** Drop the bike gently from a height of about 10cm and listen for any unusual rattles or creaks.
- Quick** Check that the quick release levers are all closed securely.