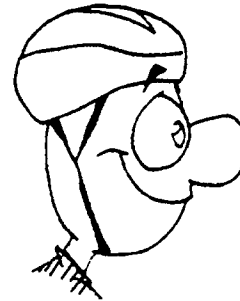
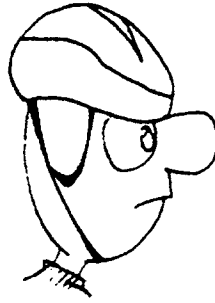
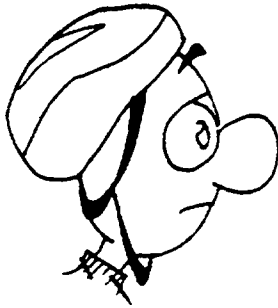

Wearing A Helmet



Wear It Properly!

The helmet is properly worn squarely on top of the head, covering the top of the forehead and sitting about one - two cm above the eyebrows. Use the foam pads supplied with the helmet to allow it to sit properly on the head. It should have a snug fit.

Adjust the straps through the buckles so that they form a "Y" with the joint just below each earlobe. The chin strap must fit well under the chin, up against the throat, and be snug. Your index finger should be able to fit between the chin and chin strap allowing the helmet-wearer to open his/her mouth comfortably.

With the helmet on and the chin strap fastened, the helmet should not be able to be rolled backward or forward excessively, nor should it be possible to remove it from the head altogether. Excessive forward or backward movement can be eliminated by adjusting the side buckles below the ears. Move the buckles forward to remove excessive rearward movement and rearward to remove excessive forward movement. Once the buckles have been properly adjusted, it may be necessary to readjust the chin strap.

- Look after your helmet. Don't bash it around. Bicycle helmets are designed to absorb only a single, hard blow.
- Check your helmet frequently for damage. If a crack is found, buy a new one. A helmet should always be replaced after a crash. The helmet may look o.k., but the foam lining loses most of its value after being compressed by an impact or several blows at once. It may not protect you in another crash.
- Replace a helmet every five years. The plastic on a helmet deteriorates from exposure to ultraviolet light (the sun and fluorescent light). Store your helmet where it will not be exposed to ultraviolet light.
- Wear your helmet whenever you drive your bike. Your helmet cannot protect you if it is not on your head.
- Make sure the helmet you choose has one of the following stickers on it. These ensure that your helmet meets certain safety standards and will protect you in a crash.



(Currently being phased out)

STATEMENT PURSUANT TO SECTION 83

SASKATCHEWAN HIGHWAY TRAFFIC ACT STATEMENT

INSTRUCTIONS:

Write out a short statement describing the accident in which you were involved. Be sure to include details as to:

- date, time and place of accident
- direction of travel and speed
- road and weather conditions
- extent of vehicle and property damage (e.g. fence, building etc.)
- injuries to you and your passengers
- seat belt usage
- use of alcohol or drugs

NAME : _____ ADDRESS : _____

_____ PHONE # _____
residence/work

STATEMENT :

DATE: _____ SIGNED _____

TIME : _____ WITNESS _____

F DIV 385 (90-08)