

# Safety Article of the Month

By: Miguel Macias

Safety Officer ~ The Woodlands HOG Chapter #1420

## Motorcycle Helmets

### Styles

**Half** - Half helmets are a popular choice for those who want that open feeling while still wearing an approved helmet.

**Open Face** - An open face or 3/4 helmet is similar to a half helmet except for having side or ear coverage.

**Full Face** - Full face helmets provide the greatest protection. A full helmet also provides more protection from wind, bad weather, and debris such as bugs and rocks.

**Modular** - Helmets that convert from full face to open face. These helmets have an integrated chin and shield that when lifted become an open face style helmet.

### Fit & Sizing

1. Position a tape measure about one inch above brow line and measure around head. If the measurement falls between sizes, start with the smaller size first.
2. Position helmet on head and fasten the retention system securely so the strap fits snugly under the chin with no space between brow line and the inner lining of the helmet.
3. Grab the side of the helmet with both hands and try rolling it forward off head. With the retention system securely fastened, one should not be able to roll the helmet forward or off head.
4. Move head from front to back and side to side. One should only feel the skin on your head move just slightly with the helmet.
5. Helmet should fit as tight as possible without causing discomfort because over time, the inner liner will compress with use and the helmet will fit slightly larger than when first purchased.
6. Put eyewear intended to be worn while riding to ensure the helmet will fit without any uncomfortable pressure points at your ears and the bridge of the nose.
7. Check range of vision by looking left, right, up and down to ensure no part of the helmet obstructs your field of vision.

### Designations

**DOT** - Department of Transportation (DOT) Federal Motor Vehicle Safety Standard 218 (FMVSS 218). DOT sets minimum standards that all helmets sold for motorcycling on public streets must meet.

**SNELL** - Snell Memorial Foundation is a private not-for-profit organization that sets voluntary standards for motorcycle helmets and other kinds of protective headgear. Snell standards are the world's toughest and demand more protective capability in helmets.

**ECE22.05** - The U.N. Economic Commission standard level of protection for helmets in Europe

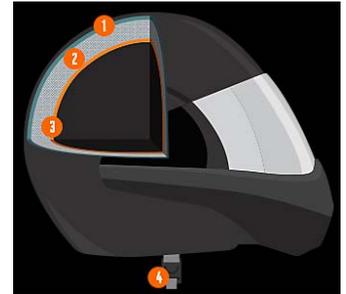
**Novelty** - Helmets that are neither DOT, Snell, or ECE22.05 approved. A novelty helmet does not provide adequate protection.

### Care

A helmet should always be handled with care. Dropping or impacting a helmet may reduce its ability to protect you in case of an accident. Only use mild soap or cleaner for cleaning and avoid any chemical-based cleansers, as they can cause the helmet to decompose and damage its protective layer. Do not drop your helmet on hard surfaces, as it could damage the shell or internal materials. Never hang your helmet in a manner that could tear the inner liner.

### Replacement

Depending on the helmet manufacturer, it is recommended a helmet be replaced every 2-4 years. If the helmet is damaged or showing extreme wear it should be replaced. Replacing a helmet every few years is a good idea as its protection may deteriorate with time and wear, and newer materials and helmet designs may become available, making helmets become stronger, lighter, and more comfortable.



Helmet Components:  
1: Shell; 2: Lining; 3: Pad; 4: Strap



Half Helmet



Open Face Helmet



Modular Helmet