

其他錦囊 More tips

1. 頭盔如經碰撞，即使沒有明顯缺損，應立刻予以更換。
Replace your helmet immediately after a crash, even if there is no visible damage.
2. 頭盔的帽帶扣如已破裂或損毀，應予以更換。
Replace the buckle of helmet when it has cracked or damaged.
3. 單車頭盔具使用期限。當頭盔出現明顯磨損，便應予以更換。
A helmet has a limited life span and should be replaced when it shows obvious signs of wear.
4. 騎單車時即使戴上頭盔仍可能會受傷，故務須小心，以策安全。
You may get hurt even if you ride with your helmet. It is imperative to cycle safely and ride with due care.

做個精明騎單車者
時刻佩戴頭盔
Be A Smart Cyclist
Wear Bicycle Helmet ALWAYS



選擇單車頭盔「3要訣」

Selection of Bicycle Helmets 3 Steps A-B-C

要 符合國際認可標準 Approved international standard

建議的頭盔應印有歐盟、澳洲、新西蘭或美國等地的安全標準認可標貼，例如：

- 歐盟標準 — EN1078
- 澳洲及新西蘭標準 — AS/NZS2063
- 美國標準 —
 - 美國材料試驗協會標準 — ASTM F1447
 - 美國消費者產品安全委員會標準CPSC
 - Snell 標準

Quality helmets should bear sticker of approved international standard, e.g.

- European Standard - EN1078
- Australian and New Zealand Standards - AS/NZS2063
- American Standards -
 - American Society for Testing and Materials- ASTM F1447
 - US Consumer Product Safety Commission (CPSC) Standard
 - Snell Standard

要 顏色鮮明 Bright colour

選擇鮮色或螢光的頭盔，令其他道路使用者易於察覺到你。

Choose a helmet with bright or fluorescent colours so that you can be seen by other road users.

要 尺碼合適和佩戴舒適 Comfort and fit

選擇合適尺碼、舒適、及有良好通風功能、並專為騎單車用途而製造的安全頭盔。

Choose a suitably sized safety helmet with good ventilation that fits your head comfortably and is designed for cycling purpose.



正確佩戴頭盔「3守則」

3 Rules for Proper Wearing of bicycle helmets

適當調校寬緊 Proper Fit

調較頭盔內墊至適合頭部的尺寸，確保頭盔不會移動。

Adjust the sizing pad of helmet until it fits head shape with no movement.



適當調校位置 Proper Positioning

- 佩戴頭盔要平穩端正。
- 頭盔與眼眉之間須保留兩隻手指的寬度。
- Level and Square.
- Allow two-finger width between your eyebrows and the helmet.



適當調校帽帶 Proper Strapping

- 所有帽帶應調校至緊貼面部。
- 應將帽帶剛好扣於耳垂下形成“V”形，不應該扭轉或蓋住耳朵。
- 要扣緊下巴位置的帽帶，並留有一隻手指的虛位。

當你轉動頭部時，如果頭盔沒有移位的話，即代表你已經正確地佩戴好頭盔。

- Adjust all the straps such that they stay flat against the face.
- Ensure side straps to meet just below each ear lobe and form a “V” shape.
- Fasten the chin strap snugly with enough room to fit one finger between your chin and the strap.

If your helmet stays on properly when your head moves, it means that you have correctly fitted the helmet.

