

Safety Check ✓

From the Safety Chick

A Helmet's Tale

For months I've been sitting on the shelf waiting, why haven't I been picked to go for a ride. Those crummy old blue gloves get to on every ride. Oh, to be outside again, flying along at a quick clip. The wind blowing through my vents, the sun warming my hard shell. When she bought me, it was my hard shell color that matched her favorite jersey that she thought about. What if she fell and hit the road, did she think about the smooth hard shell and that it is there for a reason. Does she know that the shell helps the foam hold together and skid more easily on pavement than the old 'water cooler' styles. No, she thought about the color. Did she think about how the helmet fit? No, she took it for granted that since 1994 most helmets have an adjustable device to make them fit more snugly. Did she think about all the testing and the standards that every helmet must meet? Does she know that since 1999, the Consumer Product Safety Commission standard became a law for the sale of helmets in the US? No, mainly she thought about the color. Well, ok, she did think about my visor, she likes a visor.

She always wears a helmet when she rides her bike, so why do I sit on this shelf next to the extra tubes? I did my best the last time we rode. There was that moment I remember hurtling thru space, then we skidded a bit on the pavement. I stayed on her head and took the brunt of the blast. The scratches are barely noticeable. My foam liner doesn't seem damaged, no cracks or pieces are missing. Still, here I sit on the shelf. She'll follow the rules, put safety first, just that one crash and I'll be in the trash. Maybe, just maybe, she'll think of some other use for me. I could be a tree ornament or a hanging plant holder.

Want to know all about helmets?

How to get a proper fit?

How often to replace them even if they haven't been in a crash?

Check out these websites.

www.bicycling.com search for "A Brief History of the Bike Helmet"

www.helmets.org/history from the Bicycle Helmet Safety Institute

Tailwinds,
Nancy