

How to Wear a Helmet and Cycling Hand Signals

How to wear a helmet



Right



Wrong

Wear the helmet flat on the head, not tilted back at an angle.

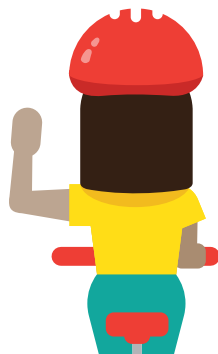


Make sure helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits and that the buckle stays fastened.

Hand Signals



Left Turn:
Left arm out



Right Turn:
Left arm out, up



Alternative Right Turn:
Right arm out



Stop:
left arm out, down, palm back