

Safe Travels!



Hello Chapter T,

Riding Season is all but here. So, let's review things we know or should know.

If you're ever in a serious motorcycle crash, the best hope you have for protecting your brain is a motorcycle helmet. Always wear a helmet that meets U.S. Department of Transportation (DOT) standards.



Look for the DOT symbol on the outside back of the helmet. Snell and ANSI labels located inside the helmet also show that the helmet meets the standards of those private, non-profit organizations.

When trying on a helmet, take note of any pressure points on your forehead—a sign that the helmet is too round. Pressure points on the sides of your head indicate a helmet is too oval for the shape of your head. After you buy a new helmet, try wearing it for 30 to 45 minutes to check for pressure points before using it on a ride. These hot spots may not be immediately apparent but can grow into painful problems over time.

Arms and legs should be completely covered when riding a motorcycle, ideally by wearing leather or heavy denim. In addition to providing protection in a crash, protective gear also helps prevent dehydration. Boots or shoes should be high enough to cover your ankles, while gloves allow for a better grip and help protect your hands in the event of a crash. Wearing brightly colored clothing with reflective material will make you more visible to other vehicle drivers.