A Minute For Safety – April is “Check your helmet month”.

1. Make sure that your helmet is not older than five years old.

Check the ‘date of birth’ inside your helmet’s EPS liner. If it’s older than five years, it’s in need of replacement.

2. Consider the state of your liner.

Follow the instructions for care and make sure to wash it after long rides.

3. Look at your EPS.

Check out the EPS foam on the top of your inner helmet. Does it show wear or tear? Is it cracking, ripping or does it otherwise appear compromised?

4. Keep up with evolving helmet technology.

You might not think twice about upgrading your cell phone every few years. Technology and helmet construction improves every year as well. The new helmets on the market offer much better protection and comfort than what was offered even just a few years ago.