

Riding Helmets

A riding helmet, just like a hard hat, has a useful life. As such they should be replaced after five years, regardless of what they look like.

If you were out riding and you fell off and hit your head, replace the helmet immediately as it can have micro cracks you can't see.

If you were out riding and your head hits a big branch or tree trunk hard, replace the helmet since it can have micro cracks you can't see.

If you are riding and doing trail maintenance, a riding helmet is not a replacement for a hard hat! Period!!!

Like a hard hat, don't stuff anything between the inside surface of the helmet and the suspension. Your skull needs that space if the helmet strikes anything. The suspension will give a bit and if you have stuffed anything in there your skull will be in contact with the helmet sooner than it would be without your having stuffed anything in there. So don't do it. Besides, it helps air circulation. If your head is cold, wear a soft cap on the OUTSIDE of the helmet.

Like a hard hat, avoid painting it or writing on it using a marker as it weakens the plastic. You can use decals or labels and write on that.

And a hard hat is not a replacement for a riding helmet. Your typical hard hat does not have a strap to keep it on your head, especially during a fall. It also does not offer the full head protection a helmet does.