



# Looking after a bike helmet

**Bicycle helmets can become quite dirty. Whether it's dirt on the exterior or sweaty grease on the inside, a helmet can be quite a mess.**



## Tip 1: Store bike helmets in a cool, dry place

- Show your child where to place their helmet when they're not wearing it such as on the handlebar of their bike if out playing, or in a special place at home or school.
- Storage should be away from direct heat as it can damage the outer plastic skin of the helmet weakening the foam and its ability to protect. Don't leave helmets in cars like the boot or back parcel shelf, where the sun is likely to heat the interior.
- If the helmet has a removable liner, remove this and rinse with clean water and a mild soap. When you're sure it is dry, replace the liner and store the helmet in a breathable container or a dedicated bicycle helmet cover, and place in a cool dry place.

## Tip 2: Cleaning bike helmets

- Always follow the manufacturer's instructions.
- Clean the plastic outer shell with soap or a mild cream cleaner. Never use abrasive or chemically aggressive cleaners like paint thinners or other petroleum based products as they can damage the shell.
- To clean the straps, soak and scrub them with a brush.

