

CHECKLIST:

Motorcycle clothing & equipment

Wearing appropriate motorcycle clothing is an essential secondary safety measure which helps to protect your head, hands, feet and body in the event of an accident. Naturally, secondary safety comes into play when primary safety – the process of avoiding an accident in the first place – fails.

Helmet

Your helmet, is arguably the most important piece of safety kit you will own. As a result you must ensure that:

- When shaking your head the helmet should not wobble.
- It is not too heavy as this could cause further injury, so if you've selected two possible helmets that satisfy your safety requirements, eliminate the heavier one.
- Your helmet should feature a visor. If it doesn't, you should wear goggles.

Other equipment

Gloves

You should be able to feel the handlebars but your hands should not slip.

Boots

It is not advisable to wear boots with steel toe caps, because they can also cut into your toes should you have an accident.

Jackets and Trousers

Leathers should:

- Fit you well – your arms and shoulders should have enough room to move. Feature double or triple stitching.
- Feature body armour and covered zips.

Look for the CE mark

This mark covers any products designed to protect people from injuries.