

# CHOOSING THE RIGHT HELMET



## WHAT SHOULD YOU LOOK FOR IN A HELMET?

Fit, Comfort and Safety. Helmets (and heads!) come in different shapes and sizes so take time to find the right one for you. Try on different helmets and from those that fit correctly and are comfortable, consider selecting one with a high **SHARP** safety (star) rating. Whatever your budget, you should be able to find one with a high rating. This guide will help you choose the right helmet for you but remember, in the first instance it needs to fit correctly – if it doesn't, it could come off in an accident even if the chin strap is fastened.

## **1 GET YOUR HEAD MEASURED.**

Before you try any helmet on, get your head measured around the fullest part (just above the ears). This measurement will correspond to a particular size in a model range.



## 2 TRY IT ON.

When you have your size, place the helmet firmly on your head and secure the chin strap so that you can fit two fingers between it and your jaw. If there is a quick release buckle, take time to adjust the strap. You should be able to feel the inside of the helmet against all parts of your head, without feeling 'pressure points' or it leaving red marks. Keep the helmet on for a few minutes to make sure it's comfortable.

## 3 IS IT TOO TIGHT OR TOO LOOSE?

With the strap secured, try rotating the helmet from side to side. With full face models your cheeks should follow the movement of the helmet and stay in contact with the cheek-pads. The helmet should not rotate on your head.

The cheek-pads should provide a firm, comfortable fit.

Tilt the helmet forward and back – it should stay in position and not move. Slippage in any direction means it's unlikely to be the right one for you.



## **4** DOES IT COME OFF?

Helmet loss occurs in around 13% of accidents so make sure it won't easily come off. Tilt your head forward and get someone to try to roll the helmet off your head by carefully applying an upward force at the base to the rear of the helmet. If it rolls off in the showroom with the chinstrap done up, it's unlikely to stay on in an accident.

## **5** CHECK SAFETY STANDARDS.

Ensure the helmet either has an 'ECE 22-05 or ECE 22-06' or BSI approval marking. Consider the SHARP safety rating to make the safest possible choice. Make sure the seller provides sufficient instructions for the use and care of the helmet. Finally, when you wear it, make sure the chin strap is done up correctly.

## GET HELMET SMART CHECK OUT THE FAQ'S SECTION ON THE SHARP WEBSITE

## **CONNECT WITH US**

## WHAT IS SHARP?

SHARP is the *Safety Helmet Assessment and Rating Programme*. By law all helmets must meet minimum safety standards, but SHARP goes beyond these basic requirements to provide an independent assessment of how well a helmet performs over and above the minimum legal requirements. SHARP awards a safety rating of 1 to 5 stars – those with 5 offer the highest level of protection. However, no matter what its safety rating might be, a helmet must fit the rider correctly; so SHARP provides guidance on selecting one that fits.

## WHAT RESEARCH UNDERPINS SHARP?

SHARP stems from international research that looked at 253 motorcycle road accidents. Replicating accidents in laboratory conditions determined the location, frequency and severity of impacts to helmets.

## **WHAT THE STARS MEAN**

By using the findings of this research and using industry standard test equipment and procedures that are established in regulations, **SHARP** highlights the better performing helmets in the market place. Our laboratory subjects helmets to more demanding impacts than regulations require and by providing a rating, we highlight those likely to perform significantly better in real world road collisions.



## **2024 HELMET SAFETY RATINGS**





### **FULL FACE HELMETS**

A single piece, solid form construction helmet.



#### SYSTEM (MODULAR/FLIP-UP) HELMET

A helmet with a moveable part that covers the lower face.



#### **LATCH PERFORMANCE**

Percentage of impacts where the chin guard remained fully locked.

For further information and the full list of helmet ratings please go to: sharp.dft.gov.uk

or scan this code >>





#### **FULL FACE HELMETS** 3G0 F35 食食食食食 **Agrius** Rage SV 食食食食食 AGV Corsa R **企会企会** K-1 S 食食食食食 K-3 SV 食食食食食 K-5 食食食食食 K-5 S **全全全全** K-6 食食食食食 K-6 S 食食食食食 Pista GP R \*\*\* Veloce S **全全全全** Airoh GP500 **全全全**全全 ST 701 食食食食食 Storm Battle \*\*\* Arai Axces 3 **全全全**全全 Chaser X \*\*\* Profile V 食食食食食 Quantic \*\*\* Quantum ST 食食食食食 Quantum ST Pro 食食食食食 QV Pro 食食食食食 Renegade V 食食食食食 RX-7V 会会会会会 RX7 Evo **食食食食**



<b>FULL FACE HELMETS</b>	
Tour X5	食食食食食
Bell	
Bullitt	☆☆☆☆☆
Eliminator	食食食食食
MX-9 Adventure MIPS	食食食食食
Qualifier DLX	食食食食食
Race Star	会会会会会
RS-1	<b>食食食食</b> 食
RS-2	<b>☆☆☆</b> ☆☆
SRT	食食食食食
Star	食食食食食
Biltwell	
Lane Splitter	食食食食食
Black	
Titan SV	食食食食食
Caberg	
Drift	食食食食食
Drift Evo	<b>食食食食</b> 食
Stunt	☆☆☆☆☆
Duchinni	
D705	食食食食食
D811	食食食食食
D977	食食食食食
Givi	
50.4	食食食食食
HPS 50.6	<b>食食食</b> 食食
Held	
Root	食食食食食
HJC	
C10	合合合合



FULL FACE HELMETS	
C70	食食食食食
CS-15	食食食食食
F70	食食食食食
FG-ST	食食食食食
FS-11	食食食食食
i 70	<b>食食食食</b> 食
IS-16	<b>食食</b> 食食食
IS-17	食食食食食
RPHA 70	食食食食食
Icon	
Airflite	食食食食食
Airmada	食食食食食
Lazer	
Bayamo	食食食食食
LS2	
FF320 Stream	<b>企业企</b> 企业
FF323 Arrow	<b>☆☆☆☆</b> ☆
FF352	食食食食食
FF353 Rapid	☆☆☆☆☆
FF390 Breaker	☆☆☆☆☆
FF397 Vector	☆☆☆☆☆
Stream 2	食食食食食
Stream Evo	食食食食食
MDS	
M13	<b>食食食食</b> 食
Sprinter	食食食食
MT	
Blade 2	<b>食食食食</b> 食
Braker SV	会会会会会
KRE SV	<b>食食食</b> 食食



FULL FACE HELMETS	
Matrix	食食食食食
Mugello	食食食食食
Targo	食食食食食
Thunder 3	食食食食食
Nexx	
SX100	<b>食食食</b> 食食
XG 100 R	食食食食食
XR2	食食食食食
Nitro	
N2100	食食食食食
N2300	食食食食食
NRS-01	食食食食食
Nolan	
N60-5	食食食食食
N87	食食食食食
NZI	
RCV	☆☆☆☆☆
Premier	
Trophy	<b>食食食食</b> 食
Roof	
Panther	<b>食食食</b> 食食
Ruroc	
Atlas 2.0	<b>食食食食</b>
Atlas 3.0	<b>食食食食</b>
Atlas 4.0 Carbon	食食食食食
Schuberth	
R2	<b>食食食</b> 食食
SR2	<b>☆☆☆☆☆</b>
Scorpion	
EXO 300	食食食食食
EXO 490	<b>食食食</b> 食食



FULL FACE HELMETS	
EXO 710 Air	食食食食食
EXO 1200 Air	食食食食食
EXO 1400 Air	食食食食食
Exo R1 Carbon	食食食食食
Shark	
D-Skwal	食食食食食
Ridill	食食食食食
Skwal	食食食食食
Skwal 2	食食食食
Spartan	食食食食食
Spartan Carbon	食食食食食
Spartan GT	食食食食食
Spartan GT Carbon	食食食食食
Spartan RS	食食食食食
Vancore 2	食食食食食
Shoei	
Ex Zero	<b>☆☆☆☆</b> ☆
Glamster	食食食食食
GT Air 3	会会会会会
Ryd	食食食食食
X-Spirit III	会会会会
Shox	
Assault	食食食食食
Axxis	<b>☆☆</b> ☆☆☆
Simpson	
Venom	食食食食食
Spada	
Arc	食食食食食
RP One	食食食食食
RP700	<b>☆☆☆☆</b> ☆



FULL FACE HELMETS	
RP900	食食食食食
SP16	食食食食食
Stealth	
HD117	<b>☆☆☆☆</b> ☆
HD188	食食食食
Suomy	
D20	食食食食食
Speedstar	★★★☆☆
Takachi	
TK30	食食食食食
ТНН	
TX-10	☆☆☆☆☆
V-Can	
V100	☆☆☆☆☆
V127	食食食食食
V158	食食食食食
V158/1	☆☆☆☆☆
Vemar	
Ghibli	<b>食食食</b> 食食
Zephir	<b>会会会</b> 会
Viper	
RS 1010	<b>食食食食</b>
RS60	<b>☆☆☆☆</b> ☆
RS V131	食食食食食
RS V445	食食食食
RS-V8	<b>食食</b> 食食食
X-Lite	
X661	食食食食
X803 RS Carbon	食食食食
X903	食食食食食



SYSTEM (MODU	LAR/FLIP-UP) HELM	IETS
3G0		
E115	食食食食食	<b>97%</b>
AGV		
Compact	<b>食食食食</b> 食	<b>a</b> 100%
Compact ST	<b>食食食食</b> 食	■ 100%
Longway II	会会会会会	€ 90%
Sport Modular	食食食食食	₪ 97%
Airoh	'	
Rev Revolution	<b>食食食食</b> 食	₪ 73%
Rides	食食食食食	
Black		
Optimus SV	<b>食食食</b> 食食	<b>■</b> 66%
Caberg		
Droid	<b>食食食食</b> 食	<b>a</b> 100%
Duke 2	会会会会会	₪ 90%
Horus	<b>食食食</b> 食食	№ 87%
Levo	食食食食食	■ 90%
Duchinni		
D605	<b>☆☆</b> ☆☆☆	■ 97%
D606	会会会会会	
G-mac		
Axis	食食食食食	<b>a</b> 100%
Glide	★★☆☆☆	■ 80%
HJC		
C90	食食食食食	№ 87%
C91	食食食食食	<b>■</b> 100%
190	<b>☆☆☆</b> ☆☆	€ 90%
IS MAX 2	<b>食食食食</b> 食	<b>a</b> 100%
R-PHA 91	食食食食食	№ 80%



SYSTEM (MODU	LAR/FLIP-UP) HELM	IETS
R-PHA 90S	食食食食食	€ 93%
V90	食食食食食	₪ 90%
LS2		
Advant X	<b>☆☆☆☆</b> ☆	<b>■</b> 63%
FF324 Metro	<b>☆☆☆</b> ☆☆	₪ 97%
FF399 Valiant	会会会会会	€ 97%
FF902 Scope	食食食食食	@ 87%
MDS		
MD200	<b>食食食食</b> 食	<u></u> 100%
MT		
Atom SV	食食食食食	€ 50%
Flux	食食食食食	<b>a</b> 40%
Raptor	★★★☆☆	■ 70%
Nitro		
F341 UNO	食食食食食	€ 77%
Nolan		
N90-3	食食食食食	■ 90%
N91 Evo	<b>食食食食</b>	■ 100%
N100-5 Plus	<b>全全全全</b> 全	■ 100%
Roof		
Desmo 3	<b>食食食食</b> 食	₪ 97%
Schuberth		
C4	食食食食食	■ 100%
C4 Pro	<b>食食食食</b> 食	₪ 93%
C5	会会会会会	₪ 100%
E1	<b>☆☆☆</b> ☆☆	₪ 93%
Scorpion		
EXO 3000 Air	<b>食食食食</b> 食	€ 97%
EXO 920	<b>食食</b> 食食食	₪ 90%
EXO 930	<b>食食食食</b> 食	€ 63%



EXO Tech Evo	食食食食食	₪ 33%
Shark		
EVO-ONE	食食食食食	₪ 33%
EVO-ONE 2	食食食食食	₪ 100%
EVO-ES	食食食食食	€ 57%
Shoei		
Neotec 2	食食食食食	₪ 70%
Neotec 3	食食食食食	<b>■</b> 93%
Shox		
Bullet	食食食食食	₪ 97%
Simpson		
Darksome	食食食食食	
Spada		
Orion 2	食食食食食	€ 83%
Reveal	<b>☆</b> ☆☆☆☆	€ 83%
Stealth		
HD189	食食食食食	₪ 83%
V Can		
V270	<b>食食</b> 食食食	■ 100%
Viper		
RSV 151	食食食食食	
RSV 171	<b>食食</b> 食食食	₪ 93%
RSV 225	食食食食食	₪ 77%
RSV 335	食食食食食	■ 100%
X-Lite	1	<u>'</u>
X1003	食食食食食	₪ 100%
X1004	食食食食食	■ 100%

