



CHOOSING THE ***RIGHT*** HELMET



Department
for Transport

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

 @SHARPgovuk

 sharp.dft.gov.uk

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 >>



Department
for Transport

FULL FACE HELMETS



3G0

E35	★★★★★
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AGV

K-1 S	★★★★★
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K-6	★★★★★
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K-6 S	★★★★★
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X3000	★★★★★
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Airoh

GP500	★★★★★
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ST 701	★★★★★
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Storm Battle	★★★★★
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Arai

Axces 3	★★★★★
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Chaser X	★★★★★
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Concept EX	★★★★★
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Profile V	★★★★★
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Quantic	★★★★★
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Renegade V	★★★★★
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Tour X5	★★★★★
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Axor

Apex	
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Rage	
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Bell

Eliminator	★★★★★
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MX-9 Adventure MIPS	★★★★★
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Race Star	★★★★★
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RS-2	★★★★★
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SRT	★★★★★
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FULL FACE HELMETS



Biltwell

Lane Splitter	★★★★★★
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Black

Titan SV	★★★☆☆
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ByCity

Roadster 2	★★★★★☆☆
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Caberg

Drift	★★★★☆☆
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Drift Evo	★★★★★☆☆
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Duchinni

D705	★★★★★☆☆
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D811	★★★★★☆☆
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D977	★★★★★☆☆
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Givi

HPS 50.6	★★★★☆☆
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Held

Root	★★★★☆☆
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HJC

C10	★★★★★☆☆
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C70	★★★★★★
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CS-15	★★★★★☆☆
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F70	★★★★★☆☆
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i-70	★★★★★☆☆
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i-71	★★★★★☆☆
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RPHA 70	★★★★☆☆
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Icon

Airflite	★★★★☆☆
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LS2

FULL FACE HELMETS



FF353 Rapid	★★★★★
FF390 Breaker	★★★★★
FF397 Vector	★★★★★
Stream 2	★★★★★
Stream Evo	★★★★★
Thunder GP Aero Carbon	★★★★★
Vector 2	★★★★★

MT

Blade 2	★★★★★
Braker SV	★★★★★
KRE SV	★★★★★
Mugello	★★★★★
Rapide	★★★★★
Targo	★★★★★
Thunder 3	★★★★★

Nexx

SX100	★★★★★
XG100 R	★★★★★
XR2	★★★★★

Nitro

N2100	★★★★★
N2300	★★★★★

Nolan

N60-5	★★★★★
N87	★★★★★

NZI

RCV	★★★★★
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Premier

FULL FACE HELMETS



Trophy	★★★★★
Ruroc	
Atlas 2.0	★★★★★
Atlas 3.0	★★★★★
Atlas 4.0 Carbon	★★★★★
EOX	★★★★★
Schuberth	
R2	★★★★★
SR2	★★★★★
Scorpion	
EXO 300	★★★★★
EXO 490	★★★★★
EXO 491	★★★★★
EXO 710 Air	★★★★★
EXO 1200 Air	★★★★★
EXO 1400 Air	★★★★★
Exo R1 Carbon	★★★★★
Exo GT-SP Air	★★★★★
Exo Tech Evo	★★★★★
Shark	
D-Skwal	★★★★★
Ridill	★★★★★
Ridill2	★★★★★
Skwal	★★★★★
Skwal 2	★★★★★
Spartan Carbon	★★★★★
Spartan GT	★★★★★
Spartan GT Carbon	★★★★★

FULL FACE HELMETS



Spartan RS	★★★★★
Vancore 2	★★★★★
Shoei	
Ex Zero	★★★★★
Glamster	★★★★★
Glamster 06	★★★★★★
GT Air 3	★★★★★★
NXR2	★★★★★★
Ryd	★★★★★★
X-Spirit III	★★★★★★
Shox	
Assault	★★★★★
Axxis	★★★☆☆
Simpson	
Venom	★★★★★
Spada	
RP One	★★★★★
RP900	★★★★★
Stealth	
HD117	★★★★★
HD188	★★★★★
Suomy	
Speedstar	★★★★★
Vemar	
Ghibli	★★★★★
Zephir	★★★★★
X-Lite	
X803 RS Carbon	★★★★★
X903	★★★★★

SYSTEM (MODULAR/FLIP-UP) HELMETS



3G0

E115	★★★★★	🔒 97%
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AGV

Compact	★★★★★	🔒 100%
Longway II	★★★★★	🔒 90%
Sport Modular	★★★★★	🔒 97%

Airoh

Rev Revolution	★★★★★	🔒 73%
Rides	★★★★	🔒 76%

Black

Optimus SV	★★★★	🔒 66%
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Caberg

Droid	★★★★★	🔒 100%
Duke 2	★★★★★	🔒 90%
Horus	★★★★	🔒 87%
Levo	★★★★★	🔒 90%

Duchinni

D605	★★★	🔒 97%
D606	★★★★★	🔒 30%

Frank Thomas

FT998	★★	🔒 13%
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G-mac

Glide	★★★	🔒 80%
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HJC

C90	★★★★★	🔒 87%
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SYSTEM (MODULAR/FLIP-UP) HELMETS



C91	★★★★★	100%
I90	★★★★	90%
IS MAX 2	★★★★★	100%
R-PHA 91	★★★★★	80%
RPHA 90S	★★★★★	93%
V90	★★★★	90%

LS2

Advant X	★★★★★	63%
FF324 Metro	★★★★	97%
FF399 Valiant	★★★★★	97%
FF902 Scope	★★★★	87%

MT

Atom SV	★★★★	50%
Atom 2	★★★★★	83%

Nitro

F345	★★★★	77%
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Nolan

N90-3	★★★★★	90%
N91 Evo	★★★★★	100%
N100-5 Plus	★★★★★	100%

Roof

Desmo 3	★★★★★	97%
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Schuberth

C4	★★★★	100%
C4 Pro	★★★★★	93%

SYSTEM (MODULAR/FLIP-UP) HELMETS



C5	★★★★★	100%
E1	★★★★	93%
Scorpion		
EX0 920	★★★	90%
EX0 930	★★★★★	63%
EX0 Tech Evo	★★★★★	33%
Shark		
EVO-ONE 2	★★★★★	100%
EVO-ES	★★★★★	57%
OX0	★★★★★	57%
Shoei		
Neotec 2	★★★★★	70%
Neotec 3	★★★★★	93%
Simpson		
Darksome	★★★★★	67%
Spada		
Orion 2	★★★★★	83%
Reveal	★★	83%
V Can		
V270	★★★	100%
Viper		
RSV 171	★★★	93%
RSV 345	★★★★★	50%
X-Lite		
X1004	★★★★★	100%