

## Check your helmets

A helmet has a lifespan of 5 years from the production date, which is the date it leaves the factory. This lifespan is a recommendation based on normal use and according to the regulations around the standard that helmets are tested according to.

A helmet can also have a much shorter lifespan if it receives a lot of impacts. What you can do is check the helmets periodically to see that they are still intact and provide the protection they are intended to.

Helmets are marked with the **production date**, this is found inside the helmet.



This helmet should in other words be replaced.