

# A New Rule for Riding Bicycles in Japan

## Always wear a bicycle helmet when riding a bicycle!

Starting April, 2023,  
a rule that **requires everyone, regardless of age, to wear a bicycle helmet when riding a bicycle** will be enforced.

For your safety, please wear a bicycle helmet when riding a bicycle!



### Tips on how to properly wear a bicycle helmet.

Wear your helmet at a proper angle.

Wear your helmet so that the front of the helmet is near your eyebrows.



Make sure the chin straps of your helmet are buckled properly.

If your chin straps are loose, the helmet might fall off if an accident occurs.



Leave appropriate space between your chin and the chin straps.

Leave space as wide as the thickness of your pointing finger between your chin and the chin straps.



### Things you should be careful of when wearing a bicycle helmet.



- ★ Make sure that the helmet you are using is a helmet for bicycles.
- ★ Use a bicycle helmet that fits the size of your head.
- ★ Replace any helmet that has been exposed to a strong impact with a new one.