



Helmet
 Must comply with Australian Standards AS1698 or AS/NZS1698 or United Nations Economic Commission for Europe (ECE) 22.05 Standard
 Carries a label or mark indicating compliance with the Standard
 Doesn't move or slip
 Fits comfortably

Jacket
 Should conform with European Standards and carry a 'CE' symbol
 Not too loose or too tight
 Choose visible colours

Gloves
 Should conform with European Standards and carry a 'CE' symbol
 Covers entire hands and wrists
 Can still use bike functions

Pants
 Should conform with European Standards and carry a 'CE' symbol
 Not too loose or too tight
 Choose visible colours

Boots
 Should conform with European Standards and carry a 'CE' symbol
 Covers feet, ankles and lower shins
 Abrasion resistant

Find out all you need to know about riding safely in Queensland at www.tmr.qld.gov.au/motorcyclesafety



What to wear before you hit the road



Serious brain injury

Shoulder injury

Heavy bruising

Severe lacerations

Back injuries

Hand and finger damage

Infections from road contact

Abrasions and nerve damage

Toes amputated

Before you get into gear, get into protective gear

Riding without protective gear is a risk never worth taking. Every time you get on your motorcycle, from a trip down to the shops to a weekend ride in the mountains, you need to protect your skin and body. Full motorcycle protective clothing is the only way to help save you and your skin.



Head to toe is the way to go

It's tempting to just throw on a pair of jeans and joggers and think you're protected simply because you're covered. However, in the event of a fall, denim jeans last 0.6 seconds of heavy abrasion whereas 1.4mm leather pants will last for 5.8 seconds. Imagine sliding along bitumen for around 5 seconds using just your skin to protect you. Ouch.

Want to talk inconvenience?

Many riders resist wearing motorcycle protective clothing because of cost, inconvenience, comfort and lack of knowledge. Let's put those into perspective; how inconvenient is undergoing months of skin grafts to repair an injured leg? How comfortable would that be? And can you honestly put a price on your limbs? How much is your right arm worth? Ask yourself – is it worth the risk?



The truth hurts, that's a fact

In a crash you are vulnerable to injury. The right gear can prevent or reduce many of the most common rider injuries, and almost certainly:

- Prevent or reduce the severity of fractures and joint damage
- Protect you from cuts and punctures from sharp objects
- Save you from having the skin and muscle stripped from your body
- Prevent most of the cuts, gravel rash and friction burns from sliding across the road.

Research suggests that riders who wear protective clothing spend fewer days in hospital and are less likely to have permanent debilitating injuries.

It's the same for scooters and mopeds

What many scooter/moped riders don't realise is that travelling at lower speeds doesn't mean you are not at risk of serious injury. Coming off a scooter/moped at 50km/h is no different to coming off a motorcycle at 50km/h. A scooter/moped rider is at the same risk of injuries such as broken limbs and extensive skin abrasions requiring skin grafts. Even though it may not seem 'fashionable' to wear a full-face helmet and protective gear, losing skin off your face is a lot less attractive. Scooter/moped clothing manufacturers recognise the need for fashionable gear. It's easy to find an outfit that suits your style and keeps you safe on the road.



Suit up in your style

Whether you're starting out or returning to ride after a break, there are many options to choose from, so make sure you get the right gear to suit your riding style. After all, if you have gear that's comfortable and suits your style, you're far more likely to wear it. If you are just starting out, make sure when you're budgeting for your new motorcycle that you also budget for your protective clothing. There's no point having a brand new motorcycle if you're laid up unable to ride for months. Some retailers might also be able to assist with packaging the cost of your gear with your motorcycle.



Who knows best?

Retailers are one of your best sources of information. Most of them are avid riders themselves and have access to product knowledge from the manufacturers on each item, the protection benefits and if they meet the standards. They'll also be able to talk you through what type of gear you need for the different seasons or types of riding: wet weather gear, summer protection, commuting everyday versus recreational weekend riding.

High-vis means lower risk

Being visible to other road users can greatly reduce your chances of being involved in a crash. So it's important to choose clothing that's highly visible as well as protective. The visible area of a motorcycle is smaller than other vehicles, meaning other road users may not always notice motorcyclists on the road – especially when a motorcyclist blends into a busy background. Choosing protective gear that is light coloured or has reflective/fluorescent strips is an effective measure to increase your on-road visibility to other road users.



You can always change gear

As you continue riding, you'll discover that you'll keep adding to your protective clothing range; you'll have riding gloves for use in the heat as well as wet weather gloves. If you're starting out, the tip is to begin riding in the safest gear possible. Make sure you use the gear that best suits the ride.



Things to be aware of

Be wary of buying protective clothing over the internet. Although it may look like the real deal, how do you really know what you're buying? In the event of a crash, if your helmet doesn't meet the Australian or ECE standards, the \$100 you saved won't weigh up against a brain injury, or worse. Don't take the risk; buy your protective clothing from a reputable retailer.



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