

SUIT UP...

And save your own skin!



Québec 

A photograph of a paved road with a dashed white line down the center, curving into the distance. In the background, there are green hills, a few houses, and a fence. The sky is dark and overcast. The overall tone is somber and cautionary.

REPUTATION

Motorcyclists and scooter operators are vulnerable on the road. The only protection you can count on is your clothing, so regardless of the weather, you should always wear gear that is adapted to this type of transportation.

One of the most common problems in accidents involving motorcyclists and scooter riders is that other motorists do not see them. Choose clothing in light colours or with reflective strips.

CLOTHING

Choose your clothing based on the protection offered in case of a fall or collision. Certain materials provide better protection against abrasion during a fall. In addition, some gear has integrated or removable protection that can reduce the risk of injury.

Clothing adapted to weather conditions (rain, wind, cold or heat) helps give you an optimum level of comfort and thus, stay alert and maintain your ability to react.

Lastly, your clothing should be well adjusted and comfortable.

➤ **Manufacturers offer clothing that meets European standards, such as EN 13595 (jackets and pants), EN 13594 (gloves) and EN 13634 (footwear). These standards ensure a certain degree of protection in the event of an accident.**



JACKETS

➤ **More than 55% of motorcyclists involved in accidents sustain arm injuries.**



Choose a jacket made of leather or made with an anti-abrasive material such as Kevlar or Cordura. Avoid other synthetic materials (polyester, nylon, etc.), because they can burn the skin in a fall.

For greater safety, your jacket should be equipped with back protection and reinforced elbows and shoulders. For the last few years, some manufacturers have been offering vests with inflatable cushions that are designed to absorb shocks during a fall.

GLOVES



> Leather that is at least 9 mm thick provides an abrasion resistance of 2.5 seconds during a fall.

If you fall, your hands often absorb the impact first, so gloves are essential. Make sure that the gloves are reinforced in the joints and palms, and that they completely cover your hands and wrists. They should also

be waterproof and protect your fingers, and supple enough that they don't interfere with using the controls.

FOOTWEAR



> Leather that is at least 2.5 mm thick provides an abrasion resistance of 5 seconds during a fall.

Choose boots specifically designed for motorcycles. They should be water-repellent to ensure maximum comfort. In addition, they need to have good grip and cover your ankles.



PROPER
RIDING
GEAR

PROTECTION
+
VISIBILITY
+
COMFORT
=
=



HELMETS



In Québec, motorcycle helmets are mandatory. They must comply with standards in the *Regulation respecting protective helmets* (CSA, DOT, ANSI, SNELL, BSI, ECE).

Full-face helmets offer better protection since they cover the entire head. If your helmet doesn't have a visor, safety goggles are recommended to protect your eyes. Visors also protect you from bad weather, as well as wind.

> In the event of an impact, 70% of improperly adjusted helmets do not stay on.

IMPORTANT: Helmets need to be properly adjusted and securely fastened by a chin strap.

It is a good idea to replace your helmet according to the manufacturer's recommendations. However, if your helmet has sustained a violent impact, the shell or lining may have been damaged even if you can't see it, so you should replace it.

To improve your visibility, choose a light-coloured helmet. You can also apply a reflective strip, although before doing so, you should consult the manufacturer's instructions.

PANTS

Your pants should cover your legs entirely and be made of anti-abrasive materials such as leather, Kevlar or Cordura. For greater safety, they can be equipped with protectors.



YOU ARE RESPONSIBLE
FOR YOUR OWN SAFETY
AS A MOTORCYCLIST
OR SCOOTER OPERATOR.





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