

Helmet Requirements – 30 Second Check

The 1" Thick Rule:

Look inside the helmet. A certified safety helmet requires a firm Expanded Polystyrene (EPS) foam liner (or similar) that is at least 3/4-inch to 1-inch thick. If you see only thin fabric padding or bare plastic, it is a non-compliant novelty helmet.



The 3 Pound Weight Check:

Pick up the helmet. Real safety gear weighs approximately 3 pounds (1.4 kg) due to the density of the protective layers. Fake helmets feel astonishingly light—often 1 pound or less—similar to a toy or a bicycle helmet.

The Label Verification:

The relevant New Brunswick provision is section 38 of **Regulation 83-42 under the Motor Vehicle Act**, titled Safety helmets for motorcycle riders. It says:

"A helmet worn by a motorcycle rider shall conform to the requirements of one or more of the following standards..."

U.S. DOT FMVSS 218 — Motorcycle Helmets

Snell M2010

Snell M2005

UNECE Regulation No. 22

Check the back of the shell. It should have one or more certifications above. **A simple, standalone "DOT" sticker is a red flag.** Legitimate, modern certification labels must be permanently printed and include 4 specific elements:

1. Manufacturer/Model Name
2. "DOT"
3. "FMVSS No. 218"
4. The word "CERTIFIED"



**Note* Additional
UN-ECE Certification**

**Note* Additional
Snell Certification**



Note* Snell Sticker Inside Helmet



Note: Due to the high numbers of novelty helmets with fraudulent stickers, AMS has the right to refuse a helmet that claims to be legal in New Brunswick, but does not meet the basic checks noted above.