

HELMET SAFETY



EVERY YEAR 26,000 YOUTH GET BRIAN INJURIES BECAUSE OF BICYCLE CRASHES.

WEARING A HELMET IS NOT ONLY SAFE, IT'S THE LAW.



WEAR A HELMET THAT IS THE RIGHT SIZE.



PLACE YOUR HELMET SO THAT IT IS NO MORE THAN TWO FINGERS ABOVE YOUR EYEBROWS.



BUCKLE AND TIGHTEN THE CHIN STRAP, SO THAT IT FITS SNUGLY UNDER YOUR CHIN.



ADJUST THE SIDE STRAPS TO FORM A "V" SHAPE AROUND THE EARS.



GIVE YOUR HELMET A QUICK WIGGLE-CHECK TO MAKE SURE IT DOESN'T MOVE MORE THAN AN INCH IN ANY DIRECTION.