

Some tips for parents

- Encourage your children to wear a helmet by setting a good example. Wear a helmet wherever and whenever you ride.
- Begin the helmet habit with the first ride. Think of a helmet as a necessity, just like a coat in winter or a seatbelt.
- Let your child help pick out the helmet.
- You can buy a good CPSC-rated helmet for as little as \$15.



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**Wearing a helmet properly
at a young age can start
a life-saving habit.**

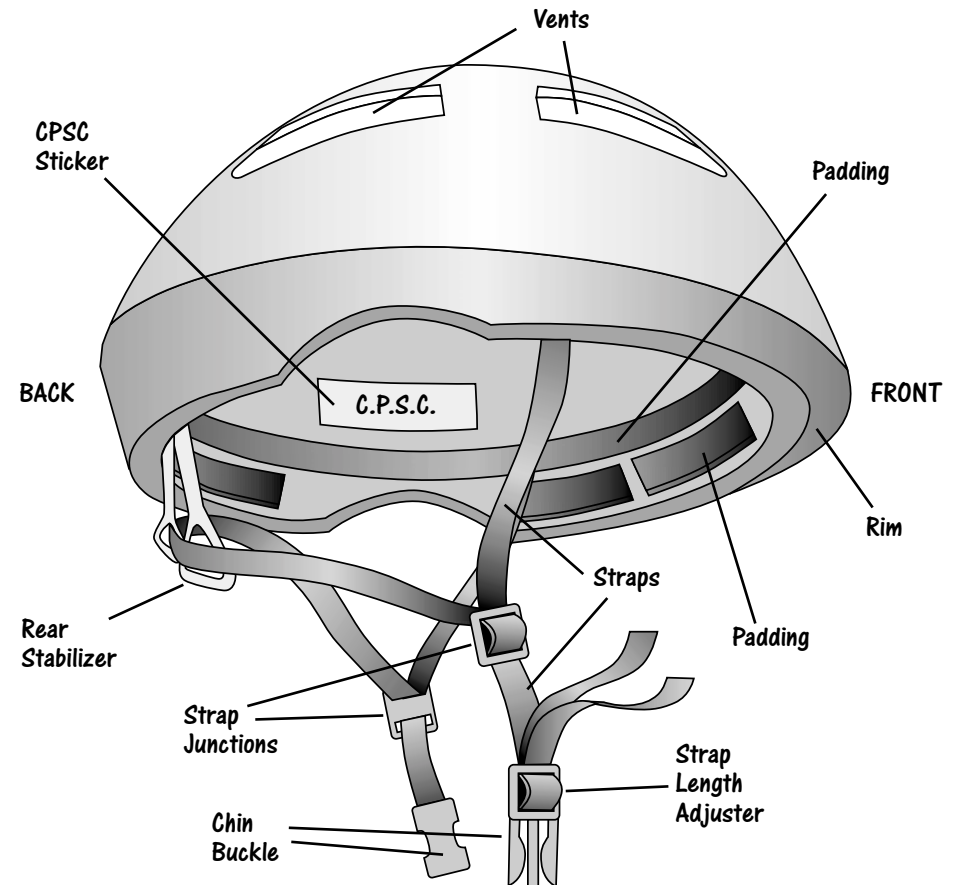


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www.biketraffic.org/ambassador

Created by the Chicagoland Bicycle Federation for
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Use your head: Wear a helmet!

A helmet can save your life.



**But you should know how to
wear it correctly!**

Wear a helmet every time you bicycle.

Helmets prevent head injuries. Seventy-five percent of all bicycle-related injuries and deaths involve the head. When you crash, your helmet can cut your risk of head injury by up to 85 percent.

Buy a certified helmet.

The government tests helmets for safety, and only the brands that pass the test are safe to wear. Before you buy a helmet, look inside for a sticker from the U.S. Consumer Products Safety Commission (CPSC) saying the helmet meets the CPSC standard. If a helmet doesn't have a CPSC sticker, don't use it.

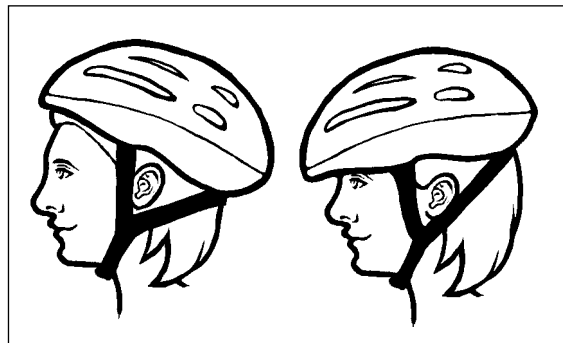
Get the right size.

Helmets come in different sizes. Here's how to find the right size:

- If the helmet seems to sit too high on your head, or it won't cover the top half of your forehead when it sits level, try a larger size.
- If you see a gap between the helmet's rim and your head, try a smaller size.
- If a smaller size seems too small, take the larger size and insert thick foam pads that come with the helmet.



Correct way



Wrong way

Get the right fit.

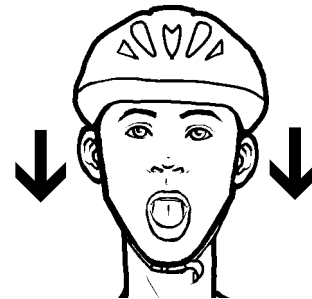
Your helmet must fit snugly. In a crash, if your head hits more than once, the helmet must stay in place. The helmet must also sit level on your head, so that it protects your forehead. To make sure your helmet fits right, use the Eyes/Ears/Mouth test:



Eyes: When you look up you should see the helmet's front rim (not just the visor, if it has one). If you can't see the rim, tilt the helmet forward until you can.



Ears: Snap the chin buckle closed. On each side of your head, the helmet's two straps should meet under your ear to form a V. If they don't, move the straps up or down through the junctions.



Mouth: With the chin buckle closed, open your mouth wide. You should feel the helmet push down on your head. If it doesn't, take the helmet off and make the chin buckle's strap shorter by sliding the strap through the buckle.

DO NOT:

- Ride a bike with your helmet unbuckled.
- Use a helmet after it has been in a crash, even if it looks OK. Get a new helmet.
- Use a helmet without a CPSC sticker inside.