

USE YOUR HEAD WEAR A HELMET

Getting the Fit Just Right

Bicycling is a fun and healthy way to get around. Before you roll, safety should be your goal!

Wearing a helmet reduces head injuries when riding a bicycle, scooter, skateboard or skates. California law requires anyone under the age of 18 to wear a properly fitted and fastened helmet when doing the above activities. Everyone, including parents, should wear a helmet for every ride. **MAKE IT A HABIT!**

A helmet needs to fit properly to be effective at reducing head injuries in a crash. Follow the four easy steps for the right fit:

SNUG. EYES. EARS. MOUTH.



SNUG

- Adjust the tension mechanism at the back of the helmet or replace the pad inserts, if available, until the helmet fits snugly around your head.
- If you cannot get a snug fit around your head, your helmet won't protect you in a crash. You may need to purchase a different size helmet and consider one with a tension adjuster.

EYES

- Place your helmet level on your head so you are able to see the helmet rim when you look up.
- There should be no more than two finger-widths between your eyebrows and the rim of the helmet.

EARS

- Adjust the straps so they make a "Y" that meets just below your ears.

MOUTH

- Adjust the chinstrap so that no more than two fingers fit between the strap and your chin while fastened.
- While snug, you should still be able to open your mouth comfortably while fastened.

CHOOSING THE RIGHT HELMET

Below are suggestions for choosing the right type of helmet for popular activities:



Bike Helmet

- Bicycling
- Scootering
- Skating



Multi-Sport Helmet

- Skateboarding
- Scootering
- Skating

TIPS

- Replace your helmet if it has been in a crash or if it is older than 4 years.
- Never buy a used helmet.
- When it's time for a new helmet, bring your child to choose the right style and fit.
- Look for the Consumer Product Safety Commission (CPSC) certification sticker.
- Remove your hat before putting on your helmet.

Now that you know how to properly fit a helmet, wear it on every ride, follow the rules of the road, and have FUN!