

Take the helmet fit test



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



Ears: Make sure the straps form a "V" under your ears when buckled. The straps should be a little tight but comfortable.



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Photos provided by Safe Kids Worldwide.

Helmets

Bike helmets can reduce the risk of head injury by as much as 85% and the risk of brain injury by nearly 88%. Begin the "helmet habit" as soon as children start riding tricycles and other outdoor toys with wheels. Insist that they wear a helmet every time they ride. Set a good example by wearing your helmet when you ride too. It soon will become a natural part of the biking routine.

- Let children select a helmet they like and find comfortable.
- Make sure it is a bicycle helmet and that it has a label showing approval by the United States Consumer Product Safety Commission.
- The helmet should fit the head snugly and not be so large that it covers the eyes and ears.
- Adjust the chinstrap so the helmet stays in place and sits level on the top of your child's head.
- Once a helmet has been worn in a crash, it must be replaced.

Why is bicycle safety so important?

Bike riding is a lot of fun, but accidents happen. Apart from car accidents, bicycles contribute to more childhood injuries than any other consumer product. That is why knowing the rules of the road and wearing a bike helmet are so important. A correctly worn helmet doesn't mean you can be reckless, but a helmet will provide some protection for your face, head and brain in case you fall.

