use your head

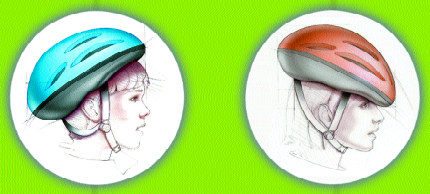
WHEN YOU BUY A BICYCLE HELMET,

MAKE SURE IT FITS!

CORRECT WAY TO WEAR YOUR HELMET

Wear it low on your forehead — 2 finger widths above your eyebrows. Sit it evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn't move up and down or from side to side.

All bicycle helmets made in or imported to the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission. Look for a label or sticker that says the helmet meets the CPSC standard.



WRONG WAY TO WEAR YOUR HELMET

U.S. Consumer Product Safety Commission (CPSC)

CSPC Web site: http://www.cpsc.gov
CSPC hotline: (800) 638-2772 & (800) 638-8270 (TTY)

HEY KIDS – REMIND GROWNUPS TO WEAR THEIR HELMETS TOO!

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