

# 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!