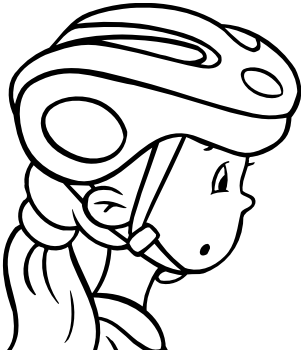


Wear your helmet the right way, every day!

More than 100 times each day, a bicyclist is killed or injured on US roads. Wearing a helmet the right way can cut your risk of a head injury in half.* Why not check the fit of your helmet today?!

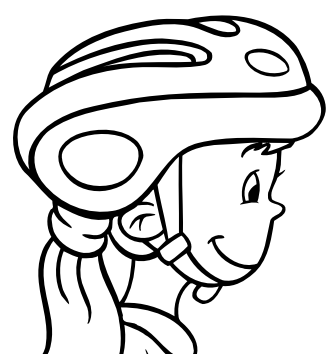
This helmet is too far forward.



This helmet is too far back.



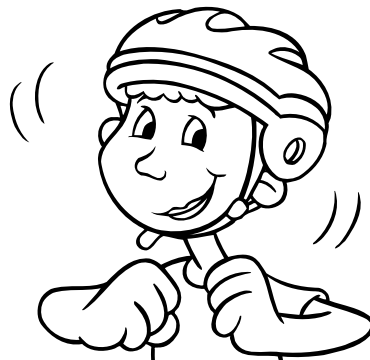
This helmet is level—
it's just right!



Your helmet should be snug. One finger should fit between the chin and chin strap.



Shake your head. If the fit is right, your helmet will stay on tight.



Compliments of:



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My Bike Safety Checklist

Bike riding is lots of fun when everyone is safe.
Use this checklist with your child and have a terrific time!

- I wear my helmet and safety gear every time I ride. I use my gear when I ride my bike, scooter, skates, or skateboard.
- My helmet fits and stays on when I shake my head. I use the **Eyes-Ears-Mouth** test:



Eyes:
Can you see the edge of your helmet? Is your helmet level?



Ears:
The straps should make a V-shape around your ears.



Mouth: Can you fit 1 finger between your chin and the strap? Open your mouth; can you feel it pull down your helmet?

- I wear bright, snug clothes and reflective items. I do not wear or carry backpacks with straps. I don't wear items with drawstrings that can get caught in my bike.
- I do not wear headphones.
- I only ride where my parents say it is safe.
- My parents always know where I am going. They know who I'm with and the route I am taking.
- I check my equipment each time I use it. I make sure nothing is loose or broken. I also check my bike's tires, brakes, and seat.
- I look left, right, and left again before I enter a path, sidewalk, street or driveway. I keep looking as I cross.
- I ride in a straight line. I am predictable.
- I walk my bike across streets.
- I obey traffic signs and signals.

For more information:
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