

HELMET SAFETY

Choosing the right bicycle helmet is critical to your child's safety.



- > Always wear your helmet. In North Carolina, it's the law for anyone under the age of 16.
- > The most important thing to remember when buying a helmet is the correct size. Remember, age does not always indicate size.
- > Adjust the chin strap snugly under your chin so 2 fingers can fit between your chin and strap. Your helmet should not wobble from side to side.
- > Place helmet in the proper position. It should sit level on the head, not tilted back, forward or sliding to the sides.

- > Never wear a ball cap under your helmet.
- > Buy an approved helmet and be sure it has the CPSC (Consumer Product Safety Commission) sticker of approval.

Remember...

- > Three out of four bike accidents involve an injury to the head
- > Bike helmets reduce the risk of head and brain injury by over 85%

Your helmet can save your life!