

Bike Helmet Safety

Riding bikes as a family is a great way to stay active and healthy. To keep everyone as safe as possible while enjoying a ride, consider the following tips.



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Ensure good helmet fit. Follow four easy steps.

1. The helmet should **cover the forehead**, sitting about two finger widths above the eyebrows.
2. It should be **level** on the head.
3. Helmet straps should make a “**V**” around the ears.
4. The helmet should be comfortable yet **snug** so it doesn't slide around.

Set a good example. Everyone should wear a helmet.

Personalize the helmets. The more children like their helmet, the more likely they are to wear it.



**Talk to your
doctor if you
have questions
or concerns
about bike
helmet safety**

Helmets are the best tool for preventing serious head injury or death due to a bike accident.