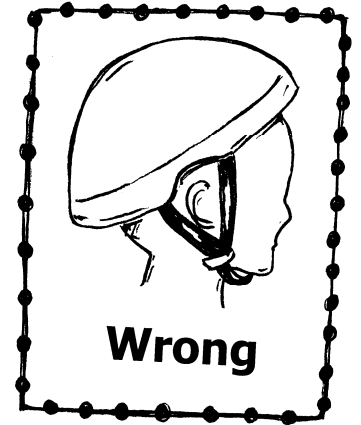


A Helmet Has to Fit Right To Work Right!

- 1) Make sure each child is wearing a helmet **EVERY TIME** he/she rides!
- 2) Make sure that each has a **snug fit** (even without the strap fastened, the rider should be able to shake his or her head without the helmet falling off).
- 3) The helmet should be **square on their heads almost level with their eyebrows**, as opposed to being at an angle, too far forward or back.
- 4) The **straps should go around the ear and then meet below the chin**. Be sure the straps form a "v" around each ear.
- 5) The **strap under the chin should be loose enough to fit just one finger** between the strap and chin.
- 6) All helmets should have a **shiny, protective shell** over the styrofoam. If not, the friction on an impact could cause a neck injury.

And, Remember the **FOUR (4) S's**:

- **STRAIGHT**
- **STRAP**
- **SNUG**
- **SNAP**



Don't Forget:

- **Once in a crash, its trash!**
- **Helmets should be replaced every 3 years**