

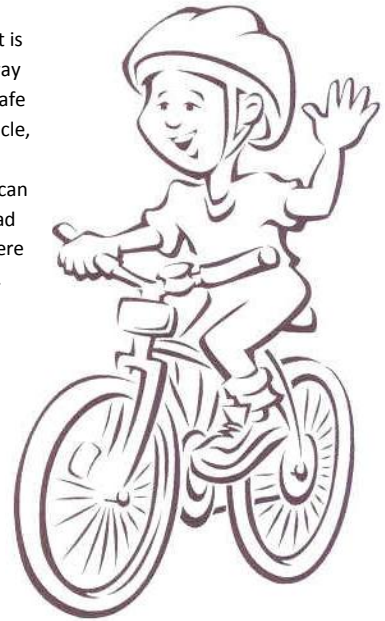
BICYCLE SAFETY HELMETS:

Selection and Use Guidelines



Start helmet use early – even when riding a tricycle or wheeled toy. If your child’s preschool uses tricycles, work with the school to make helmets available

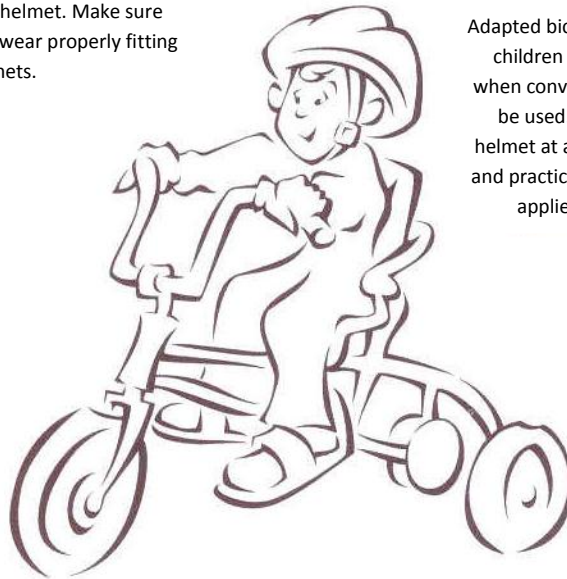
Wearing a bike helmet is the most important way for your child to stay safe when riding a play vehicle, tricycle, or bike. A correctly used helmet can reduce the risk of head injury by 85% and severe brain injury by 88%.



Never transport a baby under age one on a bicycle. A baby does not have the neck strength to wear a helmet. Make sure both adult and child wear properly fitting helmets.



Adapted bicycles are available for children with special needs, when conventional bikes cannot be used. Wearing a bicycle helmet at all times and knowing and practicing traffic safety rules applies to all children!



Measure completely around head 1 inch above eyebrows to determine proper helmet size



CORRECT WAY TO WEAR A HELMET
Wear the helmet in a level position so it doesn’t rock back and forth or side to side and fits snugly with the strap buckled.



INCORRECT WAY TO WEAR A HELMET
Straps too loose, helmet too high on forehead and not level with ground.

