

Wear a Helmet for Safety

Helmets can help to keep you safe when you ride anything that has wheels. Wearing a helmet is the best way to reduce your chance of a head injury during a fall or crash.

The Right Way to Wear Your Helmet

1



Sit the helmet flat on your head. It should not lean forward over your eyes or tip backwards.

4



Center the buckle under your chin so it is snug. No more than 1 finger should be able to fit under the strap.

2



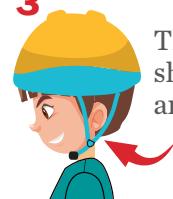
There should only be 1 or 2 finger-widths between the helmet and your eyebrows.

5



Use the knob or pads included with your helmet to make a snug fit. Adjust these as you grow or change hair styles.

3



The helmet straps should form a "Y" around your ears.

6



Open your mouth wide. If the helmet pulls down on your head, it is properly secured.

Your helmet must be in good condition to protect you. Replace your helmet if it:

- Has any damage
- Is in a fall or crash

Rules of the Road

Follow these rules to stay safe:

- Use street signs and crosswalks.
- Ride in a straight line and with traffic (as if you are a car).
- Walk against traffic so you can move out of the way if needed.
- Wear bright colored clothing.
- Have lights on your bike so cars can see you.
- Always stop before crossing a road. Make sure it is safe both ways before crossing.
- Parents – teach your children the rules of the road. Remember you must decide if they are ready to ride in traffic safely without your help.

Street Signs to Know



Stop Sign

Look left, right and left again
before crossing the street



Street Light

Stop, Slow, Go



Crosswalk

Place to safely walk
across the street



Bike Lane

A safer place to ride
(when available)



Pedestrian Crossing

Place where you can safely walk across the street