


Helmet safety

 Don't negotiate


It's estimated that 75% of bicycle-related deaths among children could be prevented with a bicycle helmet.


 Buy a helmet that meets or exceeds current safety standards

 Correct fit is essential

Do the "Eyes, Ears and Mouth" check

1. **EYES check:** Position the helmet on your head. Look up and you should see the bottom rim of the helmet (one to two fingers above the eyebrows).
2. **EARS check:** Make sure the straps of the helmet form a "V" under your ears when buckled. The strap should be snug but comfortable.
3. **MOUTH check:** Now open your mouth as wide as you can! The helmet should hug your head.

 If your child is reluctant to wear their helmet, try letting them choose their own.

 Talk to other parents and encourage them to have their kids wear helmets.