

A PROPERLY FITTED & WORN HELMET SHOULD:

BE POSITIONED CORRECTLY:

Your helmet should sit levelly and cover your forehead.
Wear your helmet no more than two fingers' width
above the eyebrows.



WRONG!
TOO FAR BACK



WRONG!
TOO FAR FORWARD



RIGHT!



LIKE THIS!

BE THE RIGHT SIZE:

Buy the smallest size that fits comfortably - do not purchase a helmet to "grow into."

FIT SNUGLY ALL AROUND:

Use thin and thick pads to "customize" the fit to your head. It should move only about one inch when pushed front to back and not move around when you shake your head.

BE FASTENED SNUGLY BENEATH THE CHIN:

You should be able to remove the helmet only by unbuckling it. When buckled, you should be able to fit only one finger between the strap and your closed jaw.

For information on sources of inexpensive helmets in your area please contact:

Sandra Dreker

Director of Prevention Programs

561-392-2310

For more information on brain injury:



BRAIN INJURY ASSOCIATION OF FLORIDA, INC.

North Broward Medical Center
201 East Sample Road
Pompano Beach, Florida 33064

Telephone: 954-786-2400

HELPLINE: 800-992-3442

Produced with a grant from the
Florida Department of Transportation

DESIGNED BY SONSHINE •

HOW TO FIT & WEAR YOUR BICYCLE HELMET

*Wear your helmet!
Everybody - Every Time!*



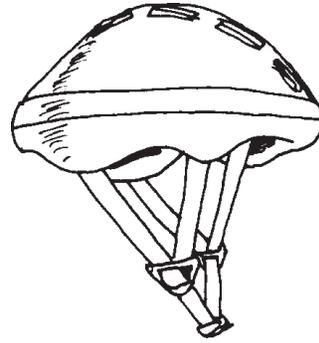
Presented By
The Brain Injury Association of Florida, Inc.

FIVE BASIC STEPS TO PROPER HELMET FIT



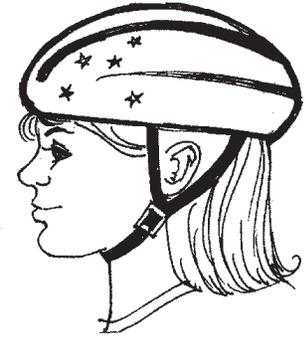
1. MEASURE YOUR HEAD

Measure your head just above the eyebrows (or as your manufacturer suggests) to be sure you purchase the proper size. Place the helmet on your head. Try to move it around.



2. ADJUST THE FIT

Adjust the fit with the removeable pads. You may need a combination of thin and thick pads to get the best fit. Rock the helmet gently from side to side, then from front to back. It should not move around.



3. ADJUST THE STRAPS

Adjust the straps -front, rear, and chin- to make the helmet level and snug. The front & back straps should make a "V" that comes together just under the ear. Buckle the strap.



4. TEST THE FIT

There should be little movement when the head is shaken. The strap should feel tight but should not cause discomfort - you should be able to slide a finger under it.



5. FINE TUNE THE FIT

Go back to steps 1 through 4 if necessary to get the best fit possible. Practice buckling and unbuckling the straps.

AND REMEMBER...

- * Double check the fit of the helmet every time you ride.
- * Adjustments will need to be made because of changes in hair styles and length or as a child's head grows.
- * Replace a helmet that has become too small. Replace a helmet that has sustained damage. Don't store helmets in a hot car or trunk.
- * **There is no cure for brain injury. It is the Number 1 killer and disabling of children in America.**
- * Seventy-five percent of all bicycle-related injuries and deaths are caused by collisions involving the head.
- * Helmets are eighty-five percent effective in protecting against brain injuries.

BRAIN INJURY ASSOCIATION OF FLORIDA, INC.