Helmet Safety Rules

A helmet should be worn every time you ride a bike, scooter, skateboard, or in-line skate etc. It is also important to wear the appropriate helmet when skiing or snowboarding. Use the following guidelines for purchasing and correctly wearing a helmet:

* The helmet should fit comfortably and not be able to move when you jerk your head from side to side.
* The helmet should sit parallel to the ground, NOT tilted back, with a about an inch (two fingers) between your eyebrows and the lower edge of the helmet.
* Make sure the helmet straps are always buckled. The straps should fit snugly, but not too tightly. The sliding clasp on each side of the head should be situated just below the ears. You should be ale to put a finger under the closed strap against your neck.
* Getting the right fit is a matter of trial and error. Use the pads provided by the manufacturer and the strap adjustments. Try on several helmets in the store because, not all helmet styles fit all heads.

An estimated 140,000 children are treated each year in emergency rooms for head injuries sustained while bicycling. Bicycle helmets have been shown to significantly reduce the risk of head and brain injury

Remember actions speak louder than words, wear your helmet too.

National Fire Protection Association