

WEARING A HELMET

Safety rules exist to make sure riding remains the fun and enjoyable exercise it should be.

California state law requires everyone age 18 and younger to wear a helmet when riding a bike, scooter, skateboard, skates and other wheeled vehicles on public roads, sidewalks or bike paths. Safety experts go even further -- they recommend that **everyone wear a helmet, regardless of age**. Get in the habit of always buckling your chinstrap before you step on a bike pedal. That applies to teachers, parents and students alike!

Every year, more than 700 people are killed in bicycle accidents. Most of these deaths are caused by head injuries. Wearing a helmet is required by law for your own protection!

CHOOSING A HELMET

Look for the seal of approval. You should only wear a certified bicycle helmet. Look for the initials CPSC (Consumer Product Safety Commission).

Step 1 - Size:

Measure your head for approximate size. Try the helmet on to ensure a snug fit. While it is sitting flat on top of your head, make sure the helmet does not rock side to side. Sizing pads come with new helmets; use the pads to customize fit.

Step 2 - Position:

The helmet should sit level on your head and low on your forehead - one or two finger-widths above your eyebrow.

Step 3 - Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chinstraps. This task is easier if you take the helmet off to make these adjustments.

Step 4 - Side Straps:

Adjust the slider on both straps to form a "V" shape under, and

slightly in front of, the ears. Lock the slider if possible.

Step 5 - Chin Strap:

Buckle your chinstrap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Step 6 - Final Fitting:

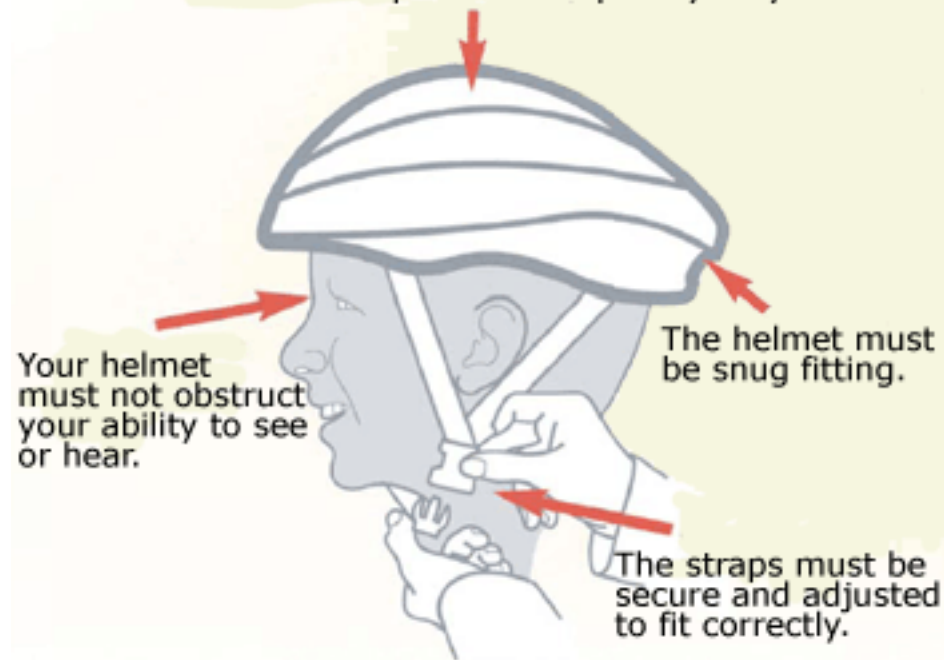
Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chinstrap.

Does your helmet rock back more than two fingers above eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chinstrap and test again.

Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chinstrap and test again.

Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Your helmet should be positioned squarely on your head.



Source: National Highway Traffic Safety Administration.

For information, visit www.nhtsa.dot.gov

For more Information
visit www.kidshealth.org/kid/watch/out/bike_safety.html