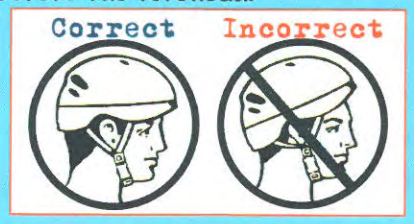
How to Fit a Bicycle Helmet

- Adjust the helmet so it fits snugly and covers the forehead.



- Tighten the chin strap enough to keep the helmet from slipping too far forward or backward.
- If you need to, use the foam pads that come with the helmet to make it fit better.
- Always buckle the chin strap.
- If your helmet gets damaged in a crash, don't use it again. Buy a new helmet.

More Tips...

- Never use a hockey or baseball helmet for bike riding. They won't protect your head right.
- Put your name and phone number inside your helmet in case it gets lost or you get into a crash.

For more information on bicycling safety, call the Utah Department of Health Violence and Injury Prevention Program at (801) 538-6864. Or visit us on the web at **www.health.utah.gov/vipp**

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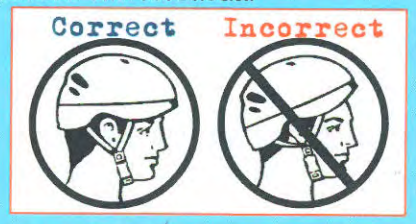

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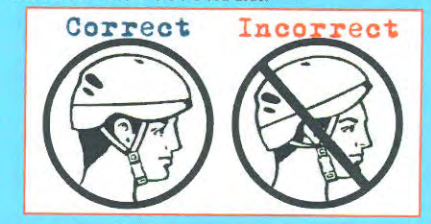

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use your head
Wear a Bike Helmet

Every year more than 600 Utah kids are hurt in bicycle crashes. A helmet is the best tool to help you survive, and a helmet that fits right can reduce your risk of head injury by 85%. Smart riders always wear a helmet.

Parents:

- Before you buy, let your child try a few different helmets and choose a favorite. Kids are more likely to wear helmets they've chosen themselves.
- Set an example: Children are more likely to wear helmets if their parents do.
- Buy a helmet that fits your child now, not a helmet to "grow into."

Utah Department of Health

Violence & Injury Prevention Program

See other side for fitting tips...

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