

USE YOUR HEAD, WEAR A HELMET!

4 Steps to a Proper Helmet Fit

1. **Measure your head** just above the eyebrows to be sure you purchase the proper size.

Toddler: 19"-20.5"

Small: 20.5"-20.75"

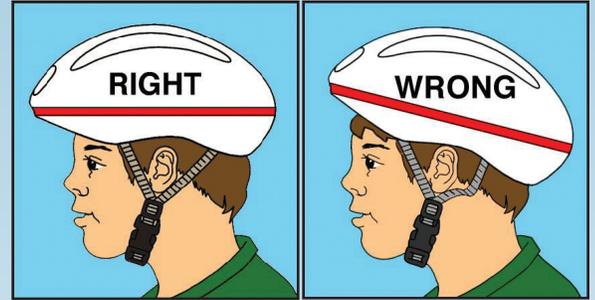
Medium: 20.75"-21.5"

Large: 21.5"-22.75"

X-Large: 23"-24.75"

2. **Position the helmet** on your head. Look up and you should see the rim of the helmet (one to two fingers above the eyebrows). Adjust the fit with removable pads.
3. **Adjust the straps**—front, rear and chin—to make the helmet level and snug. The front and back straps should make a "V" that comes together just under the ear. Always buckle the strap!
4. **Test the fit** to make sure the helmet moves less than an inch in any direction. The straps should be tight, but not cause discomfort.

Bicycle helmets have been shown to reduce the risk of head injury by as much as 85% and the risk of brain injury by as much as 88%. For more information, visit safekids.org



Wear the helmet flat on the head, not tilted back at an angle.



Make sure the helmet fits snug and does not obstruct the field of vision. The chin strap should fit securely and the buckle must stay fastened.

Tips on how to get your child to wear a helmet

- **Establish the "helmet habit" early on when your child gets his or her first bike.**
- **Let the child pick out his or her own helmet. This will allow them to have a sense of ownership.**
- **Wear a helmet yourself...actions speak louder than words!**
- **Talk to your kids about why it is important to protect our heads.**
- **Do not allow your child to ride their bike unless they are wearing the proper helmet.**

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