

# Keep kids safe on wheels

## Skateboard - Scooter - Bike - Skates



### WEAR A HELMET

Use your head, wear a helmet. It is the most effective way to lower head injury and death from bike accidents.

### Does your helmet fit properly?

1



#### Eyes

Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



#### Ears

Make sure the strap forms a 'V' under your ears when buckled. The straps should be a little tight but comfortable when buckled.

3



#### Mouth

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



### DID YOU KNOW?

- Helmets can lower the risk of severe brain injuries by more than half.
- Helmets save lives, but less than half of children 14 and younger wear them.

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## Now you are ready to roll!