



Preventing injuries.
Protecting our future.

Bicycle Helmet Safety

Wearing a bicycle helmet is the most effective way to prevent a brain injury. When buying a helmet, make sure there is a “CPSC” sticker inside which indicates that the helmet meets tough Consumer Product Safety Commission safety standards.

For more information call: (302) 651-KIDS

www.nemours.org/safety

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How to Properly Fit a Bicycle Helmet

- Make sure your forehead is covered. A helmet should sit low on your forehead so that the rim is two finger-widths above your eyebrows.
- Chin straps should be snug enough that:
 - » no more than a finger's width can fit between the strap and your chin.
 - » no sudden pulling or twisting can move the helmet around on your head.
- The rear and front straps should join together under your ears forming a V.

Additional Helmet Safety Tips

- Always have your helmet buckled when riding.
- Never wear a hat under your helmet.
- Don't throw your helmet on the ground when you take it off. It can damage the helmet.
- As an adult, be a good role model and wear a helmet.



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