

Get MOVIN' & GROOVIN' And Do It SAFELY!

Let's Make Bike Safety a Priority by Wearing a Helmet



Being physically active is good for your health. And bicycling is a fun and invigorating way to be physically active. Remember, when you're bicycling, do it safely and wear a helmet.

1

Helmet Size & Fit

Your helmet should fit snugly. Make sure the helmet doesn't rock side to side. Many helmets come with sizing pads or universal fit rings to allow you to adjust size easily.

2

Proper Positioning

The helmet should sit level on your head and about 1 or 2 finger widths above your eyebrow. The buckle should be centered below the chin. The sliders on the side straps should form a "V" beneath the ears.

3

When to Replace It

Replace your helmet when you've been in a crash, even if you see no signs of damage. It is recommended you replace your helmet every 3 to 5 years, regardless of crashes.

4

Helmet Certification

All helmets manufactured in the U.S. must meet Consumer Product Safety Commission (CPSC) standards. Look for the certification label inside the helmet.

5

Be a "Roll Model"

Everyone – adults and kids – should wear a bicycle helmet each time they ride. Wearing a helmet each time you ride can encourage others to do the same.

