

Wearing a helmet when riding a bicycle can reduce the risk of brain injury by 88%

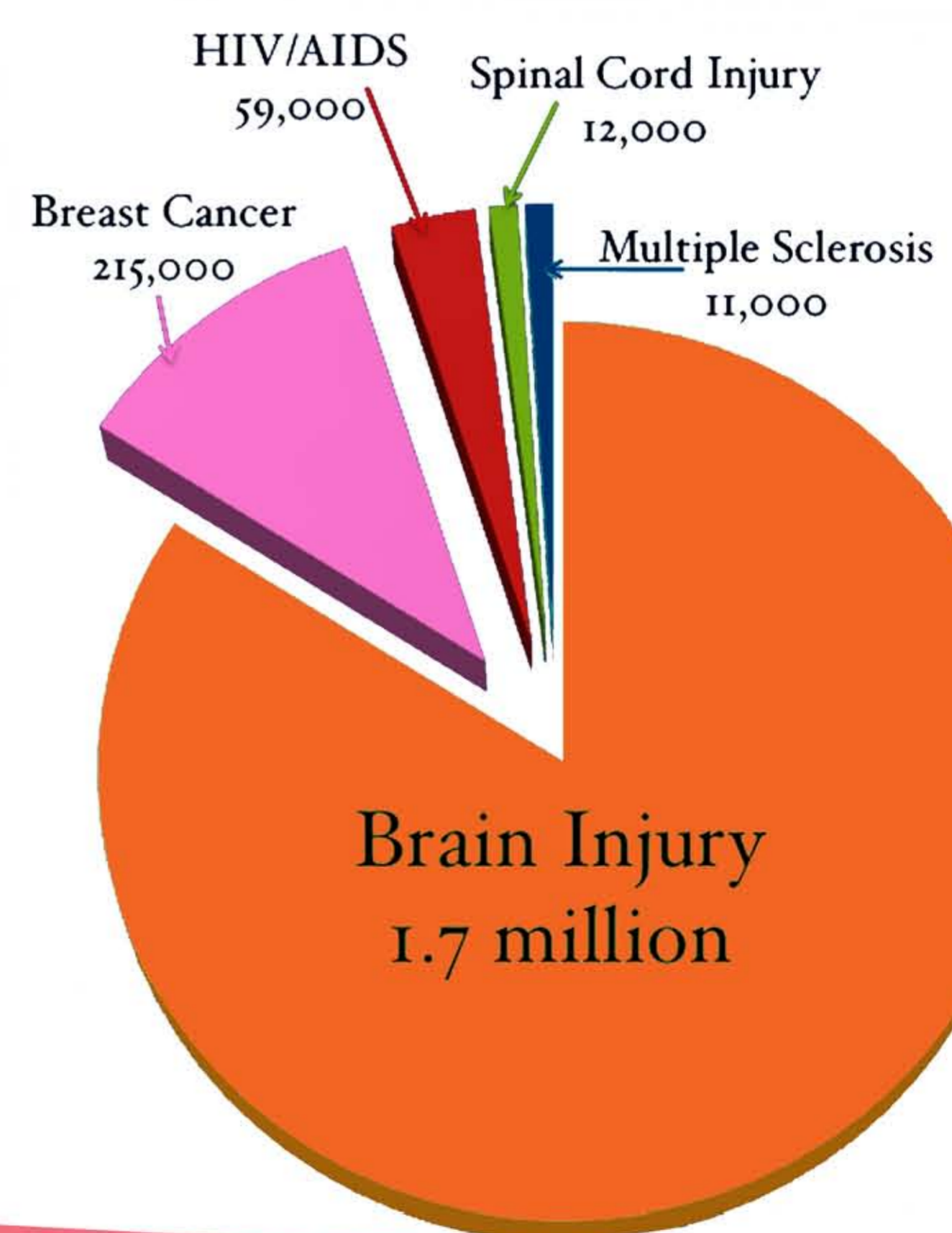
Over 60% of bicycle fatalities are the result of a brain injury



Over 90% of Cyclists killed were NOT wearing a helmet

You Only Have ONE Brain PROTECT IT!

Comparing Annual Incidence



A Helmet Should be Worn for All Wheeled Activities

Different Helmets are Required for Different Sports



Look carefully at the certification marks to be sure the helmet is certified for the sport it will be used for.

Helmet Fitting

The helmet should fit snugly.

It should be worn level on the head.

The chinstraps should form a "V" directly under earlobe.

The straps should be tight enough to allow one finger between the straps and the chin.



Never Buy a Used Helmet
They are designed to only take
ONE severe impact