



Helmets

Always wear a bicycle helmet to reduce the risk of permanent injury or death from a crash.

To make sure your helmet fits right, put it on and then use the **“eyes/ears/mouth” test**. **Eyes:** When you look up you should see the front rim. If not, your helmet won't protect your forehead. **Ears:** The side straps should come to a “V” just below each ear. **Mouth:** When you open your mouth wide, you should feel the helmet push down on your head. If your helmet doesn't pass the test, adjust the straps or add bigger pads to get the right fit.

Ventilation- Good air flow comes from long, wide vents that channel air through the helmet to keep you cool.

Cost- You can spend well over \$100 for the latest space age helmet, but a good safety-rated helmet goes for around \$30.

Replace your helmet if it becomes damaged in an accident. Also replace a helmet every two years. The foam inside becomes hard and stale and will not absorb shock as well as it should.



yes



no

