

BICYCLE HELMET



THE RIGHT FIT

Bicycle helmets must be properly selected and fitted to protect you in the event of a crash. The helmet protects your brain by absorbing the force in a crash.



Follow these steps to correctly fit a bicycle helmet:



1. Measure your head to find the right size.

- Try on several bicycle helmets in your size until one feels right.
- Put the bicycle helmet level on your head and adjust using the sizing pads or universal fit ring until the helmet is snug on the head.
 - Sizing Pads: Insert the padding that makes the helmet fit snugly without being uncomfortable.
 - Universal Fit Ring: Adjust the ring to fit snugly on the head.
- Check the Bicycle Helmet Fit:
 - Place the helmet on your head. Do not buckle the chin strap.
 - Shake your head.
- A correctly adjusted helmet will stay in place and not move from side-to-side or forward-to-backward.



2. Position the bicycle helmet correctly.

- Place the helmet level on the head, low on the forehead.
 - A good placement is one to two finger-widths between the bicycle helmet and the eyebrows.



3. Adjust the side straps.

- Adjust the tri-glide slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider, if needed.
- The front and rear strap of the “V” should be snug when the tri-glide is positioned below the earlobe.



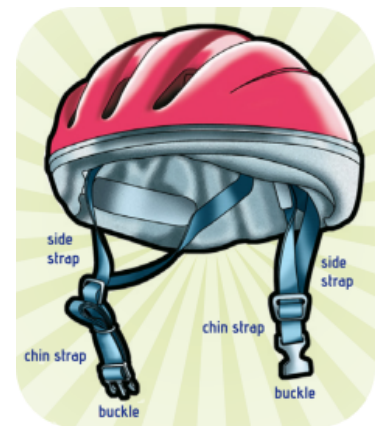
4. Buckle placement.

- Center the left buckle under the chin.
 - Lengthen or shorten the webbing for correct buckle position.
 - Take the helmet off to adjust the webbing.



5. Secure the chin strap.

- Buckle the chin strap.
- Tighten the strap until it is snug
 - Allow no more than two fingers to fit between the chin strap and the chin.
 - The chin strap is tight enough to prevent the helmet from moving side-to-side or front-to-back on the head.



ALWAYS WEAR A BIKE HELMET...EVERY TIME YOU RIDE!

BICYCLE SAFETY

READY TO RIDE

Bicycling is fun, healthy, and a great activity. Follow the safety tips for a safe ride. Choose a bicycle that is the right size for you and follow the “Rules of the Road”.



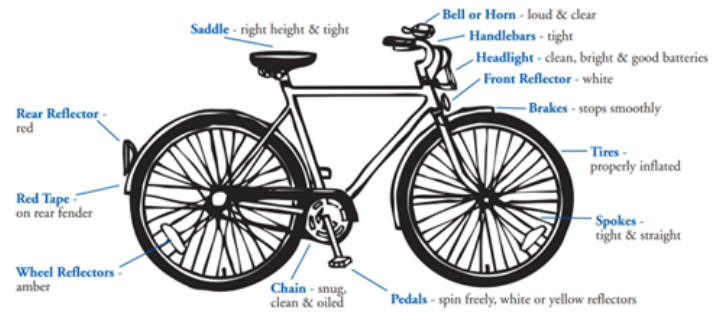
Follow these steps for safety when riding a bicycle:

1. Choose a bicycle that fits the rider.

- Lay your arm along the top bar with your elbow touching the saddle (seat).
- Your fingertips should just reach the handle bars.

2. Adjust the bicycle to fit the rider.

- Straddle the bike and stand over the top tube (bar).
- There should be 1 to 2 inches between the rider and the top bar.
- The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended.
- The handlebar height should be at the same level with the seat or higher to ride upright



3. Check the bicycle before every ride. Before riding:

- Check the tire pressure and the tire tread for wear and damage.
- Test the brakes and tightness of the chain.
- Check the tightness of the seat and handlebars.

4. Be Safe and Be Seen

- Children younger than 10 years of age are safer riding a bicycle away from traffic and with supervision.
- Wear bright colors or reflective clothing.
- Equip the bicycle with a:
 - White light on the front,
 - Red reflector on the back,
 - Amber reflectors on each side, and
 - Bell or horn to communicate with others.
- Watch for cars entering and exiting driveways when riding on sidewalks or near traffic.



5. Rules of the Road

- A bicycle helmet is required for all bicyclists who are 12 years of age or younger.
- Be Predictable: Obey all traffic signs and signals.
- Look Left - Look Right - Look Left again and then over your shoulder before entering the street.
- Make eye contact with other drivers. Remember, just because you see a driver does not mean the driver sees you.
- Use hand signals when turning to communicate with vehicle drivers, other bicyclists, and pedestrians.



LEFT TURN



RIGHT TURN



STOP