PROTECT YOUR CHILD’S HEAD

Bicycle riders under the age of 18 must wear a helmet. It’s the Law!
The helmet should fit snugly. Use the foam pads to make it fit.

The helmet should cover the forehead.

Fasten the strap under the chin, with one finger’s width of space between the strap and the chin. The helmet must ALWAYS be buckled.

Move the plastic slide to make the straps meet just below both ears.

Gently try to roll the helmet backwards and forwards, and side to side, on the head. The helmet should not move more than 1/2 inch in any direction.

State of California
DEPARTMENT OF HEALTH SERVICES
State and Local Injury Control
Sacramento, California