



Did you know... that the safety helmet chin strap must be securely fastened or you could receive a citation (**ticket**) for not wearing the helmet properly?

Did you know... that you could receive a citation (**ticket**) for not wearing your safety helmet while riding your bicycle, non-motorized scooter, skateboard, roller skates or inline skates?

✦ **DO I REALLY NEED TO WEAR A SAFETY HELMET?**

Yes. It's the law!

✦ **WHY ARE SAFETY HELMETS SO IMPORTANT?**

Bicycle helmets are for your safety and can reduce the risk of head injury by up to 85%. Most deaths related to bicycle falls and collisions involve head injuries. Wearing a helmet could save your life!

✦ **HOW CAN I TELL IF MY SAFETY HELMET FITS PROPERLY?**

The helmet should fit comfortably and securely. It should be worn so that it is level on the head. The helmet should not be tilted back on the crown or pulled low over the forehead. You should not be able to move the helmet in any direction. The chin strap must be securely fastened. If needed, the helmet's sizing pads can help improve the fit.

For more information visit the U.S. Consumer Product Safety Commission's website at www.cpsc.gov

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