

Your helmet
can save
your life!



Helmet Law

All youths under 16 years of age must wear a bicycle helmet.

Helmet Certification

All helmets sold in Oregon should have proper certification. Look for a **CPSC** certification seal. CPSC, 800-638-2772

Night Riding

It is the law to use a white front light and red rear light or reflectors visible of least 600 feet when bicycling at night.

Bicycle Traffic Safety

- Principles for safe riding:
- Ride on the right with traffic
 - Use hand signals
 - Obey traffic signs and signals
 - Be visible and ride alertly
 - Be predictable

Wearing a bicycle helmet can reduce the risk of head injury by 85%.

Did you know these
facts?

We want to talk to
you!

For more information on helmets or bicycle safety, please contact:



Oregon Department of Transportation
Transportation Safety Division
800-922-2022



Bicycle Transportation Alliance
503-226-0676



Trauma Nurses Talk Tough
Legacy Emanuel Hospital
503-413-4960

Other partners:



Boys and Girls Club of Salem
Marion and Polk Counties

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(NHTSA)

Feel free to make copies of this brochure.

Wear a helmet,
save a kid...



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A Perfectly Fitted Bicycle Helmet

7 Easy Steps To Follow



Daily adjustment
tips!

Your bicycle helmet must be checked and adjusted before each ride

- A helmet lasts only one crash! Replace your helmet if it is over five years old, or if you: hit your head, drop your helmet repeatedly, or see damage.
- The helmet must remain comfortable. If it feels small, put in the thinner sizing pads or purchase a larger helmet.
- The helmet must cover your forehead.
- The chin strap must be tight and properly adjusted.
- The helmet should not rock forward or backward on your head. If it does, see Step 6.



Easy Steps For A Perfectly Fitted Helmet

It may take some time to ensure a proper fit. It is easier if you have someone help you adjust the straps.

step 1

Size: **Measure** your head for approximate size. Try the helmet on to ensure it fits your head comfortably without rocking side to side. Sizing pads can be used to adjust the fit to different head shapes. Mix or match sizing pads for the best fit.



step 2

Position: The helmet should **sit level** on the head so that the forehead is covered within **two finger widths** of the eyebrow.



step 3

Buckles: **Center the left buckle under the chin.** On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



step 4

Side straps: Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears.



step 5

Chin strap: Roll the rubber band towards the slider. Buckle up! Starting loose, while holding the buckle, pull the strap tight. No more than **one or two fingers** should fit under the strap.



step 6

This is an important step!

Does your helmet fit right?

Open mouth wide... **Big Yawn!**

The helmet should pull down on the head! If not, tighten the chin strap.

Does your helmet rock back more than two fingers above the eyebrows?

If so, unbuckle, shorten the front strap by moving the slider forward.

Buckle, retighten the chin strap, and test again!

Does your helmet rock forward into your eyes?

If so, unbuckle, tighten the back strap by moving the slider back toward the ear.

Buckle, retighten the chin strap, and test again!



step 7

Roll the rubber band down to the buckle. **All four straps must go through** the rubber band and be close to the buckle to prevent the buckle from slipping!

rubber band next to the right buckle



Now, you are ready to go with a properly fitted helmet!



Let helmets protect your brains!