



**“Properly-fitted helmets can reduce the risk of head injuries by at least 45 percent”  
safekids.org PROTECT YOUR HEAD!!!!**

**Size:** A helmet should fit snugly. Some helmets come with an adjustable universal fit ring while other helmets may require removable sizing pads to ensure a secure fit.

**Position:** The helmet should be worn level and cover your child’s forehead. It should rest two finger widths above your child’s eyebrows.

**Side Straps:** The left and right-side straps should form a “Y” and meet below the ear. These straps may be easier to adjust when removed from the head.

**Chin Strap (buckle):** Buckle the chin strap and tighten until it is snug. No more than one finger should fit under the strap.



**NYS law requires that all children under the age of 14 wear an approved bicycle helmet.** [www.health.ny.gov](http://www.health.ny.gov)