**Replace a Helmet.**
Replace your helmet when it has been in a crash; damage is not always visible.

**Buy/Fit the Helmet For Now.**
Buy a helmet that fits your head now, not a helmet to “grow into.”

**Ensure Helmet Comfort.**
If you buy a helmet that you find comfortable and attractive, you are more likely to wear it. Readjust as necessary to ensure the helmet fits properly each ride.

**Cover Your Forehead.**
Adjust the helmet fitting based on your helmet first being in the correct position, level on the head and low on your forehead.

**Adjust Straps Until Snug.**
Both the side and chin straps need to be snug.

**Avoid Helmet Rocking.**
Your helmet should not rock forward or backward, or side to side on your head.
If your helmet rocks more than an inch, go back to step 6, and readjust.

**Be a “Roll” Model for Safe Behavior**
Everyone — adult and child — should wear a bicycle helmet each time they ride. Wearing a helmet each ride can encourage the same smart behavior in others.

**Helmet Certification**
Bicycle helmets sold in the U.S. must meet the standards issued by the U.S. Consumer Product Safety Commission (CPSC). Look for the certification label inside the helmet.

**Helmet Laws**
More children ages 5-14 go to emergency rooms for bicycle-related injuries than with any other sport; many are head injuries. As a result, many States and local jurisdictions have child bicycle helmet laws to increase and better ensure the safety of children when bicycling. See: www.helmets.org/mandator.htm.
Like car crashes, bicycle crashes can happen at any time, involving not only children, but adults, many of whom are skilled riders. In fact, middle-age adults represent the average age of bicycle riders killed and injured.
Helmets are the single most effective piece of safety equipment for riders of all ages, if you crash. Everyone should choose to wear a helmet; it just makes sense!

For more information on bicycle safety, visit the National Highway Traffic Safety Administration Web site at: www.nhtsa.dot.gov/bicycles