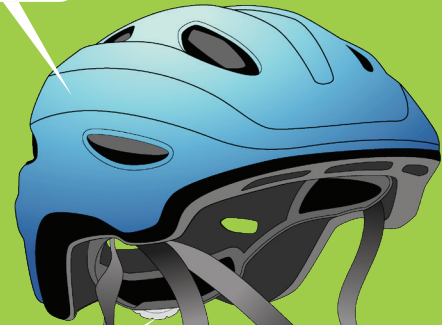


# KNOW YOUR HELMET



SHELL



DIAL

SIDE STRAPS

SLIDER

RUBBER BAND

LEFT BUCKLE

RIGHT BUCKLE



You're safer with a helmet!

Oregon Department of Transportation  
Safe Routes to School



For more information on how to travel safely, please visit Oregon Safe Routes to School at:

[OregonSafeRoutes.org](http://OregonSafeRoutes.org)

For more information on helmets and safety, please contact:

Oregon Department of Transportation  
Transportation Safety Office  
1-503-986-4196

Feel free to make copies of this brochure.



Transportation Safety

## THE RIGHT FIT

## DID YOU KNOW...?

### 7 Easy Steps for Your Helmet



#### Riding & Rolling Safety Facts

If you're under 16, wearing a helmet is the law. This includes bicycles, scooters, inline skates and skateboards.

Your helmet should be properly certified. Look for a CPSC certification seal for all helmets sold in Oregon.

If you're out at night, you must use lights. When riding or rolling at night, it's the law in Oregon to use a white front light and red rear light or reflectors visible from at least 600 feet.

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

#### Riding & Rolling Safety Tips

**Dress bright, day and night.**

Wear bright clothes, brightly colored helmets and reflective gear.

**Ride on the right with traffic.**

Ride on the right side of the lane with the flow of traffic.

**Communicate with drivers.**

Use hand signals when turning and make eye contact with drivers before crossing at crosswalks.

**Stay alert.**

Pay attention to traffic signs and signals, and avoid distractions.



# 7 Easy Steps for a Perfectly Fitted Helmet

## Step 1

**Size:** Try the helmet on to see if it fits comfortably without rocking side to side. If the helmet has a dial on the back, turn it to tighten or loosen as needed.



### Tip:

Ask a family member or friend to help you get the perfect fit.



## Step 2

**Position:** Forehead should be covered, leaving no more than two fingers from the eyebrows to helmet.

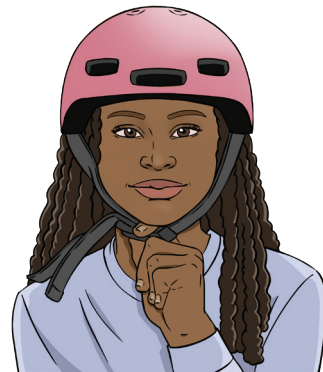
## Step 3

**Buckle:** Center the left buckle under your chin. On some helmets, the straps can be pulled from the back of the helmet to lengthen or shorten. If you're having trouble, try taking the helmet off to adjust the straps.



## Step 4

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



## Step 5

**Chin strap:** Roll the rubber band toward the slider. Buckle up! While holding the buckle, pull the strap tight. No more than two fingers should fit under the strap.



## Step 6

**Open your mouth wide... Big yawn:** The helmet should pull down on your head. If not, tighten chin strap. If your helmet has a dial on the back of the helmet, turn it to make sure helmet is snug on your head.

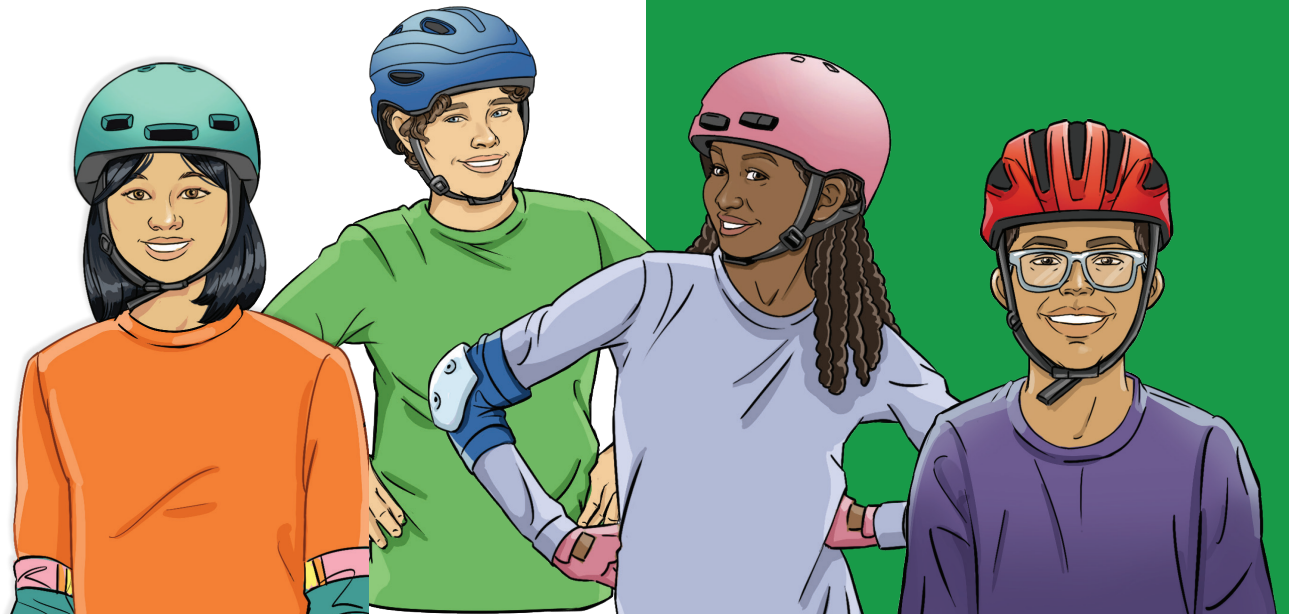
## Step 7

**Testing:** It's time for testing and final adjustments!

**Look up at the sky.** The helmet should not fall back more than two fingers above eyebrows. If it does, unbuckle, move slider forward to shorten front strap. Buckle, retighten chin strap and test again!

**Look down at your feet, touching your chin to your chest.** The helmet should not rock forward into your eyes. If it does, unbuckle and, move slider back toward your ear to tighten back strap. Buckle, retighten chin strap and test again!

**Now you are ready to roll with a properly fitted helmet!**



## ✓ CHECK IT OUT!

**Check your helmet before you ride or roll, every time.**

- Is it in good condition?**  
If your helmet is more than 3-5 years old or has been damaged, it's time for a new one.  
*Remember: A helmet only lasts for one crash!*
- Does it fit?**  
If it feels too small, you need a larger helmet.  
See Step 1.
- Does it cover your forehead and sit level?**  
See Step 2.
- Are the straps properly adjusted?**  
See Steps 3-5.
- Does it stay in place when you move or shake your head?**  
See Steps 6-7.