

FLORIDA'S BICYCLE HELMET LAW

SINCE 1997, CHILDREN UNDER AGE 16 MUST WEAR A BICYCLE HELMET THAT:

IS PROPERLY FITTED

Make sure the helmet fits snugly on the head and doesn't slip around.

FASTENED WITH A STRAP

The helmet won't work if it comes off your head. Use the strap and wear the helmet in the correct position.



WRONG!
TOO FAR BACK



WRONG!
TOO FAR FORWARD



RIGHT!



LIKE THIS!

MEETS SAFETY STANDARDS

Before you buy a helmet, look inside for the sticker that says it meets the standards of the Consumer Product Safety Commission.



Traumatic Brain Injury
Resource & Support Center

A service of:

Brain Injury Association of Florida, Inc.
HELPLINE: 800-992-3442
www.ByYourSide.org

With support from:

The Florida Department of Health

HOW TO FIT & WEAR YOUR BICYCLE HELMET

Everybody
WEAR YOUR HELMET!
Every Time!



Presented by the
**Traumatic Brain Injury
Resource & Support Center**

FIVE BASIC STEPS TO PROPER HELMET FIT

1. MEASURE YOUR HEAD

Measure your head just above the eyebrows (or as your manufacturer suggests) to be sure you purchase the proper size. Place the helmet on the head. Try to move it around.



2. ADJUST THE FIT

Adjust the fit with the removable pads. You may need a combination of thin and thick pads to get the best fit. Rock the helmet gently from side to side, then front to back. It should not move around.



3. ADJUST THE STRAPS

Adjust the straps - front, rear and chin - to make the helmet level and snug. The front & back straps should make a "V" that comes together just under the ear. Buckle the strap.



4. TEST THE FIT

There should be little movement when the head is shaken. The strap should feel tight but should not cause discomfort. You should be able to slide a finger under it.



5. FINE TUNE THE FIT

Repeat steps 1 through 4 if necessary to get the best fit possible. Practice unbuckling the straps.



AND REMEMBER...

- Double check the helmet fit every time you ride.
- Adjustments will need to be made due to changes in hair style and length or as a child's head grows.
- Replace a helmet that becomes too small.
- Replace a helmet that is damaged.
- Don't store helmets in a hot car or garage.

Did You Know?

- Brain injury is the leading cause of death in bicycle crashes.
- There is no cure for brain injury - a blow to the head can change your life forever.
- Florida has one of the nation's highest rates of injuries and deaths from bicycle crashes.
- Helmets are 85% effective in protecting against brain injury.
- A bicycle is a vehicle and must follow the same rules of the road as cars.

For more on Florida's bicycle laws, visit:
http://www.dot.state.fl.us/safety/ped_bike/laws/ped_bike_bikeLaws1.shtm

