



**“I was hit by a car. I flipped over the car, followed by my bike. If I hadn’t been wearing my helmet, I could have died. I almost missed out on my life.”**

**– 16 year old girl from New Jersey**

## **Correct Helmet Fit**

- 1. The helmet should fit directly over the forehead, two fingers above the eyebrows.**
- 2. Tighten the chinstrap to keep the helmet from slipping backward or forward. Only two fingers should fit under the chinstrap.**
- 3. The straps of the helmet should form a “V” under your ears when buckled.**



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