

Be smart - Stay smart! Wear your helmet!

Presented by The Brain Injury Association of Florida, Inc., Holmes Regional Trauma Center, and Parrish Medical Center



*Wear your helmet!
Everybody – Every Time!*

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How to fit and wear your bicycle helmet

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

3



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.

4



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 from front to back. It should not move around.

5



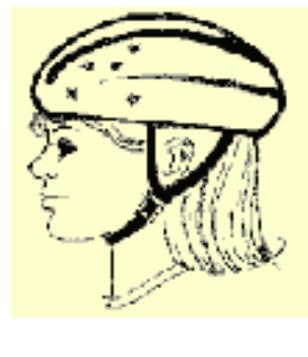
Fine tune the fit: Go back to steps 1 through 4 if necessary to get the best fit possible. Practice buckling and unbuckling the straps.

Things to remember . . .

- Double check the fit of the helmet every time you ride.
- Adjustments will need to be made because of changes in hair styles and length or as a child's head grows.
- Replace a helmet that has become too small. Replace a helmet that has sustained damage. Don't store helmets in a hot car or trunk.
- There is no cure for brain injury. It is the Number 1 killer and disabler of children in America.
- Seventy-five percent of all bicycle-related injuries and deaths are caused by collisions involving the head.
- Helmets are eighty-five percent effective in protecting against brain injuries.

A properly fitted & worn helmet should:

Be positioned correctly: Your helmet should sit levelly and cover your forehead. Wear your helmet no more than two fingers' width above the eyebrows.

			
WRONG! Too far back	WRONG! Too far forward	RIGHT!	LIKE THIS!

Be the right size: Buy the smallest size that fits comfortably – do not purchase a helmet to "grow into."

Fit snugly all around: Use thin and thick pads to "customize" the fit to your head. It should move only about one inch when pushed front to back and not move around when you shake your head.

Be fastened snugly beneath the chin: You should be able to remove the helmet only by unbuckling it. When buckled, you should be able to fit only one finger between the strap and your closed jaw.

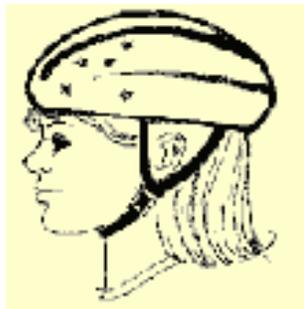
Bicycle helmets: For Florida's CHILDREN... "It's the LAW!"

As of June 1, 1999, children in Brevard 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!

Is 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.

Meets safety standards: Before you buy a helmet, look inside for the sticker that says it meets the safety standards of ANSI (Z90.4) or Snell Memorial Foundation (1984) or Consumer Product Safety Commission (1997)

			
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More Florida bicycle laws

In Florida a bicycle must follow the same rules as cars. This means you must:

1. Ride with traffic – on the right side of the road, and use hand signals.
2. Stop for stop sign and red lights.
3. Don't ride with a headset on – you won't hear danger coming.
4. Use lights and reflectors at night.

Did you know?

- Brain injury is the Number 1 killer and disabler of children in America.
- 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.
- Bicycle helmets have been shown to reduce injuries by 85%.
- A bicycle is a vehicle and must follow the same rules of the road as cars.

For more information

Helmets

For information on sources of inexpensive helmets please contact:

Barbara Meyer at (321) 690-6800

Bicycle and Pedestrian Safety Coordinator
Brevard County Office of Transportation and Planning

Brain injury

For more information on brain injury:

Brain Injury Association of Florida, Inc.

HELPLINE: 800-992-3442

Florida's bicycle laws

State Bicycle Program

Department of Transportation

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