

Wear a cycle helmet when riding bikes and scooters

- It's great to cycle or scoot to school.
- Remember to wear your helmet.
- Always get an adult checks that your helmet fits correctly.
- If you don't have a cycle helmet, ask an adult to get you one or leave your bike or scooter at home.
- Cycle helmets protect you if you fall whilst riding.

'I don't need a helmet, I can ride really well!'

Your helmet protects you in the event of an **accident**. We cannot predict when an accident can happen and we cannot trust that everyone on the road is driving safely all of the time.

IT'S how YOU WEAR it THAT COUNTS

1 LEVEL and SQUARE on your head

2 All STRAPS tightened comfortably

3 FEELS SNUG and doesn't move around

RIGHT ON!

Different helmets fit different heads. When buying a helmet, shop for fit.

FOR MORE INFORMATION ABOUT BIKE HELMETS, CALL 1-800-268-6886.

Ontario

use your head

BEFORE YOU BUY A BICYCLE HELMET, MAKE SURE IT FITS!

Wear it low on your forehead — 2 finger widths above your eyebrows. Sit it evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn't move up and down or from side to side.

After March 1999, all bicycle helmets made in or imported to the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). Among other things, this means that bike helmets for children ages 1 to 6 will cover more of their heads, giving them more protection. After March 1999, look for a label or sticker that says the helmet meets the new CPSC standard.*

*Some manufacturers may offer helmets meeting this standard before March 1999.

U.S. Department of Transportation
CPSC Web site: <http://www.cpsc.gov>
CPSC hotline: (800) 638-2772 & (900) 638-5270 (toll)

HEY KIDS — REMIND GROWNUPS TO WEAR THEIR HELMETS TOO!

Bicycle Safety



Your helmet should be fitted properly with the strap fastened.

Do not ride in the middle of the road.

Use hand signals to show others the direction you are turning.

Wear brightly coloured clothing and reflectors on your bike. This will help others to see you.



Ride with other people when you can. Never ride at night.

Always tell an adult where you are going and how long you will be.

Ride at a safe speed with a safe distance between you and other riders.



Ring your bell if you need to let someone know you are behind them.

Check your bike is in good condition before you ride it. Make sure:

- the brakes work
- the tyres are pumped
- the seat and handlebars are at the correct height

Ride in the cycle lane when you can. Ride with the traffic.

