

Bike & Wheeled Safety

A bike helmet is the best safety device available to decrease head injuries and death from bicycle crashes. Make sure your child has the right size helmet. They should wear it every time they ride a bike, ride a scooter or skate.

Proper fit is key!

- The best way to find a helmet for your child is to measure their head circumference (the distance around their head) first.
 - Use a soft tape measure to measure the distance around your child's head in inches. Be sure the tape measure is straight around the head. It should go in a circle around the head, right above the eyebrows. Take the head measurement and your child with you when buying a helmet.

The head measurement will help you get the right size for your child. Allowing your child to pick out a helmet they like will help them wear their helmet every time they ride.

- A helmet fits the right way if the straps that go around the ears look like the letter "V" under the child's ear.
- You should be able to fasten the chin strap under the child's chin without causing discomfort.
- The helmet should sit on the child's head tight enough that once the buckle is secure. The helmet cannot be rocked from side to side or front to back.
- The front rim of the helmet should be two fingers width (about an inch) above the child's eyebrows.