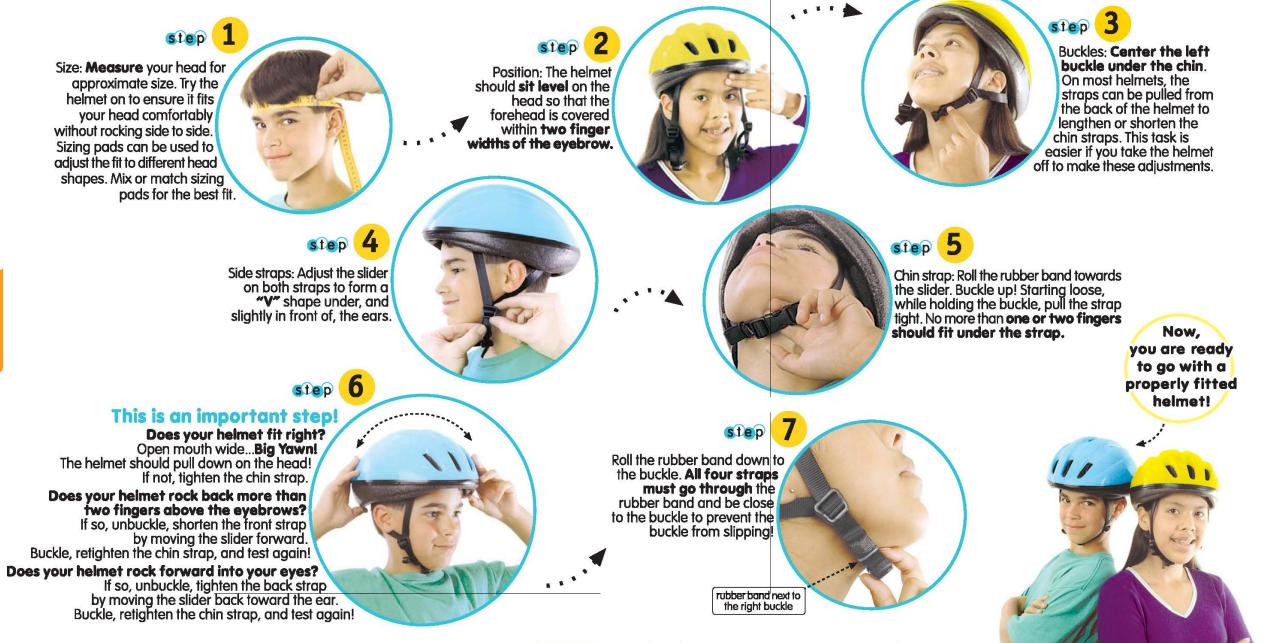
Easy Steps For A Perfectly Fitted Helmet

It may take some time to ensure a proper fit. It is easier if you have someone help you adjust the straps.



Let helmets protect your brains!



200

Helmet Law

All youths under 16 years of age must wear a bicycle helmet.

Helmet Certification All helmets sold in Oregon should have proper certification. Look for a CPSC certification seal. CPSC 800-638-2772

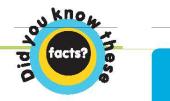
Night Riding

It is the law to use a white front light and red rear light or reflectors visible at least 600 feet when bicycling at night.

Bicycle Traffic Safety

- Principles for safe riding:
- Ride on the right with traffic
- Use hand signals
- Obey traffic signs and signals
- Be visible and ride alertly
- Be predictable

Wearing a bicycle helmet can reduce the risk of head injury by 85%.





For more information on helmets or bicycle safety, please contact:

 Oregon Department of Transportation Transportation Safety Division 800-922-2022



TRAUMA NURSES TALK Legacy Emanuel Hospital 503-413-4960

Other partners:

Boys and Girls Club of Salem Marion and Polk Counties

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Feel free to make copies of this brochure.





Designed By Reprographic and Design @ ODOT 737-3414 (1-10) SIC#330338 A Perfectly Fitted Bicycle Helmet

7 Easy Steps To Follow



tips I

Your bicycle helmet must be checked and adjusted before each ride

- A heimet lasts only one crash! Replace your helmet if it is over five years old, or if you: hit your head, drop your helmet repeatedly, or see damage.
- The helmet must remain comfortable. If it feels small, put in the thinner sizing pads or purchase a larger helmet.
- The helmet must cover your forehead.
- The chin strap must be tight and properly adjusted.
- The helmet should not rock forward or backward on your head. If it does, see Step 6.

