

# SAFETY TIPS: WEAR A HELMET



Head injuries are by far the greatest risk to bicyclists, making up one-third of emergency department visits, two-thirds of hospital admissions and three-fourths of deaths. A helmet can decrease the severity of a brain injury and even save your life.

## Wear a helmet when:



Riding a bicycle, motorcycle, snowmobile or all-terrain vehicle



Using in-line skates, a skateboard or a scooter



Playing a contact sport, such as football or ice hockey



Batting and running bases in baseball or softball



Skiing or snowboarding



Riding a horse

## It is important for to wear helmets correctly to properly prevent injury:

- The helmet needs to fit squarely on the head, with the front of the helmet low on the brow.
- The side straps should be fastened securely just below and forward of the ear, avoiding slack when the chinstrap is fastened.
- A properly fitted helmet should pull down on the head when the wearer yawns; not rock back more than two fingers above the eyebrow and not rock forward and cover the eyes.

Wear a helmet correctly, regardless of your age.

For more information visit [amr.net/safety](http://amr.net/safety)

[www.amr.net](http://www.amr.net) | 855.267.0911

