

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

A helmet can
save your life.

