





Get the Right Fit

Wearing a helmet can prevent about 85% of head injuries. However, a helmet can only protect when it fits well & is worn each time you ride.

1.  Position the helmet level on head, within two fingers of the eyebrows.

2.  Adjust the straps to make a “V” just slightly in front of and under the ears.

3.  Adjust the chin strap, buckle and make sure no more than two fingers fit between the strap and the chin.

4.  Test the fit— open your mouth wide. The helmet should pull down on the head. If not, tighten the chin strap.

Need a Helmet?

Lake Stevens Fire has multi-sport & bike helmets available for \$10 at our fire stations and our Headquarters Building. For locations visit www.lsfire.org/departments_contacts



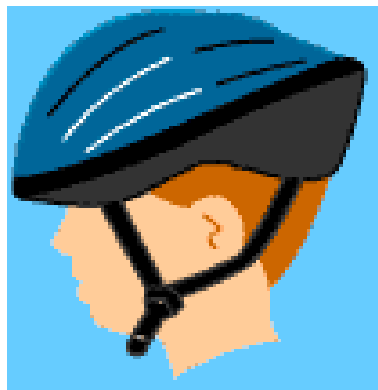
Dangers of Improper Helmet Use

Wearing a helmet incorrectly, too far to the front, too far to the back, loose or unbuckled, is just as dangerous as not wearing a helmet at all.



Wrong

Little forehead protection



Wrong

Little protection of the back of the head



Correct

Protects front and back of the head.

- **Head injuries account for 62% of bicycle-related deaths.**
- **Estimated annual cost of bicycle-related injuries/deaths for all ages = \$8 billion.**
- **Bicycle-related head injuries are expensive because these injuries can require treatment for weeks, months or a lifetime.**