



## Bike Helmet Safety Tips

### Teach children the following bicycle helmet safety rules:



Bike helmets are so important that the U.S. government has created safety standards for them.

Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC).



Always wear a bike helmet that fits correctly. The straps should always be fastened. You should be able to feel it if you were to yawn.



Wear the bike helmet straight on the head and low on the forehead just above the eyebrows. The straps in the rear should be angled behind the ears and the front straps should be parallel to the body.



Remember to wear your W.A.C.<sup>®</sup> safety whistle.



If you have an accident with your bicycle, remember to whistle 3 times and yell. Get to a safe place, then tell an adult.

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