

Helmet Safety

10 Good Reasons to Wear a Helmet

- 1. They are light.** Today's helmets only weigh about one half pound.
- 2. Helmets help if you fall.** Even if you are just sitting on your bike, or standing on your skis, you can fall and hit your head.
- 3. They're not expensive.** Some helmets cost as little as \$20.
- 4. No bad hair days here!** A crash without a helmet can really mess up your head. Don't worry about how your hair looks.



- 5. You'll look like a pro!** Bicyclists, skiers, hockey players and other professional athletes wear helmets.
- 6. They are cool.** Because they are so light, helmets aren't any hotter than having your head exposed to the sun.
- 7. Everyone falls sometime.** It only takes one fall without a helmet to do permanent damage.
- 8. Customize your helmet!** Helmets today come in lots of cool colors and designs.
- 9. Be a leader.** Wear a helmet and your friends will too. Tell them that wearing a helmet is important and why they should wear one.
- 10. Always be protected, everywhere.** Cars are involved in only 10 percent of bike-related injuries. Falls can happen on any road or path, no matter how busy.



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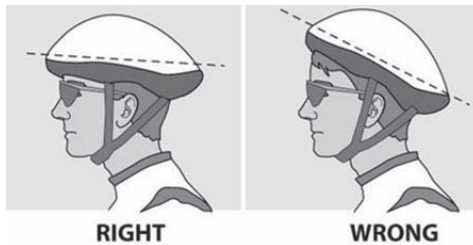
Use your head. Wear a helmet

Wearing a helmet reduces the risk of brain injury by 88 percent.

Massachusetts law requires anyone age 16 or under to wear a helmet while riding a bike, scooter, skate board or while in-line skating.



CHOOSE THE RIGHT HELMET



- Straps should meet in a “V” under each ear.
- Chin straps should be snug and comfortable under chin: one finger-width between strap and chin.
- Wear helmet low on forehead no more than one to two finger-widths above eyebrows.
- Helmet should not move side to side or back and forth.
- Be sure that you wear a helmet designed for your sport and check to make sure that it fits properly.
- Damaged helmets should be replaced. Check your helmet for cracks or dents.