





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.

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1. Position the helmet level on head, within two fingers of the eyebrows.
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2. Adjust the straps to make a “V” just slightly in front of and under the ears.
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3. Adjust the chin strap, buckle and make sure no more than two fingers fit between the strap and the chin.
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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



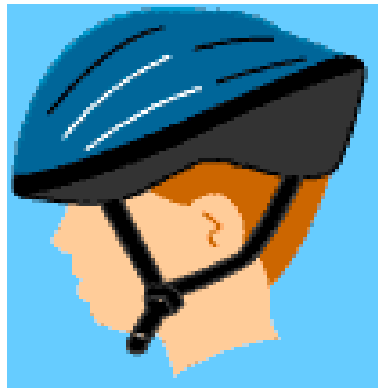
Dangers of Improper Helmet Use

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.**