

# use your head

**BEFORE YOU BUY A BICYCLE HELMET,  
MAKE SURE  
IT FITS!**



**CORRECT** WAY TO WEAR  
YOUR HELMET

Wear it low on your forehead — 2 finger widths above your eyebrows. Sit it evenly between your ears and flat on your head. Tighten the chin strap and adjust the pads inside so it feels snug and secure and doesn't move up and down or from side to side.

After March 1999, all bicycle helmets made in or imported to the United States must meet a uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC). Among other things, this means that bike helmets for children ages 1 to 5 will cover more of their heads, giving them more protection. After March 1999, look for a label or sticker that says the helmet meets the new CPSC standard.\*



[NEW HELMET FOR  
AGES 1 TO 5]

\* Some manufacturers may offer helmets meeting this standard before March 1999.



U.S. Department  
of Transportation



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U.S. Consumer Product  
Safety Commission (CPSC)

CPSC Web site: <http://www.cpsc.gov>

CPSC hotline: (800) 638-2772 & (800) 638-8270 (TTY)



**HEY KIDS — REMIND GROWNUPS TO WEAR THEIR  
HELMETS TOO!**

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