



USE YOUR HEAD— WEAR A HELMET

It's not enough to simply have a helmet unless it is worn correctly. Check out these steps to properly adjust a helmet:

1

Eyes

Put the helmet on your head and look up. You should see the bottom rim of the helmet.



2

Ears

Make the straps form a "V" under your ears. They should be tight but comfortable.



3

Mouth

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



To watch a video on how to properly fit a helmet, visit: www.safekids.org/video/bike-helmet-fit-test



SAFE RIDER TIPS

- Ride on the right side of the road
- Obey all traffic signs and signals
- Stay in a single file line
- Always stay alert
- Use reflective accessories when riding at night

Custom fit bicycle and multisport/skate helmets are available for \$10, or donation, at each of the following locations:

- *Fire District 3 (Monroe)
360-794-7666
- Fire District 4 (Snohomish)
360-568-2141
- Fire District 5 (Sultan)
425-670-5710
- Fire District 7 (Clearview)
425-486-1217
- *Lake Stevens Fire Dept.
425-334-3034
- *Marysville Fire District
360-363-8500
- Mukilteo Fire Dept.
425-263-8150
- North County Fire/EMS (Stanwood)
360-652-1246

**Ski/snowboard helmets are available for \$25 purchase.*

**SAFE
K:DS**
SNOHOMISH
COUNTY

Safe Kids Snohomish County is a not for profit organization whose mission is to prevent unintentional injury and death in children. Providence Regional Medical Center Everett has served as our proud leader since 1999.

 **PROVIDENCE**
Regional Medical Center