

How to correctly fit a bike helmet:

2



Two fingers
above your eyebrows to
the bottom of your helmet

4



Four fingers
to make a V-shape around
the bottom of your ears

1



One finger
under the strap
beneath your chin

STEP 1: Size

Measure your child's head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of their head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to their head. Mix or match the sizing pads for the greatest comfort. Remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.

STEP 2: Position

The helmet should sit level on their head and low on their forehead—one or two finger-widths above the eyebrows.

STEP 3: Buckles

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

STEP 4: Side Straps

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

STEP 5: Chin Strap

Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

STEP 6: Final Fitting

- **Does the helmet fit right?** Have your child open their mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- **Does the helmet rock back more than two fingers above the eyebrows?** If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- **Does the helmet rock forward into their eyes?** If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.
- **Roll the rubber band down to the buckle.** All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Bicycle Safety Rules Can Protect Your Child

Teaching your child the survival rules



Minooka Fire Protection District

Bicycle Safety

Bicycling is a fun activity and has great health benefits, but bicyclists must take extra precautions when they ride. They often share the road with vehicles, which creates a host of hazards, but injuries can happen even on a designated path.

It is important to do regular maintenance and check ups on your child's bike. You can tune it up or take it to a professional shop. Make sure there are no loose or broken parts. Check the brakes to ensure they work and the tires to confirm they are inflated. Install or replace reflectors, lights, or bells on your child's bike.

Teach them these five important safety rules:



Adults should set an example and wear a helmet when biking.



5 Safety Rules

1. Never ride out into the street without stopping first.

Teach them to stop, look left, right, then left again before crossing the street. They should cross at the crosswalks or intersection, not in the middle of the block. Make sure they understand that if they see a car, it does not mean the driver will see them.

a group, each bicyclist must stop and make sure it is clear before crossing. At busy intersections, children should walk their bikes across the street.



2. Obey traffic signs

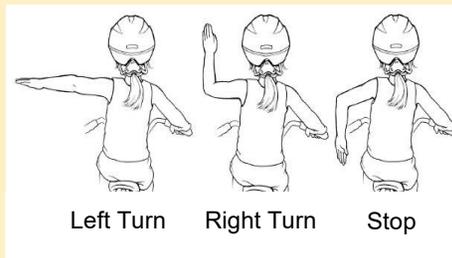
Once children are on their bicycles, they are now a vehicle, whether they are in the street or on a sidewalk. This means they must follow all traffic rules, such as stopping for stop signs and traffic lights. Explain to the children that when riding in

3. Always ride on the right.

Vehicle drivers do not look out for bicycles coming down the wrong side of the street. If they are riding in the street, they should go with the flow of traffic on the right side of the road.

4. Check behind before turning, swerving, or changing lanes.

Children must learn to look behind them before turning, swerving, or changing lanes. Once they are good at controlling their bikes, teach them the proper hand signals for turning and stopping.



5. Always wear a helmet when riding a bike!

Bike helmets can prevent head injuries from falls off of their bikes. Accident can happen any where and at any time, even if they have followed the safety rules.

To encourage your child to wear a helmet, start the helmet-wearing habit early. All bike riders, including those riding a tricycle, should wear a bicycle helmet.

As long as the helmet fits properly, let your child pick out his or her helmet. Children will be more apt to wear a helmet if they have selected it or decorated it with stickers.