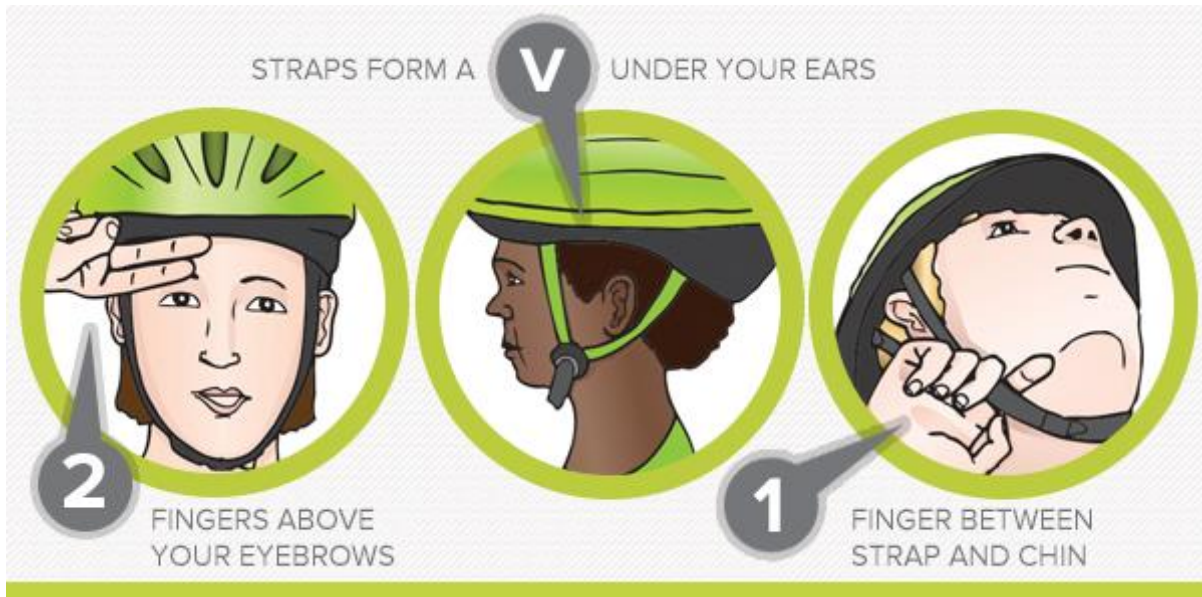


Protect your brain, wear a helmet.

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride.

How to adjust your helmet.



- In 2009 it was estimated that 9 in 10 bicyclists killed were not wearing helmets.
- Despite these facts, only 20-25% of all bicyclists wear bicycle helmets.
- More children age 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws ensure the safety of our children.

