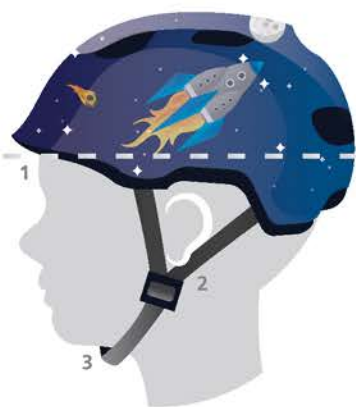




## BE SMART BY WEARING A HELMET

*Helmets save lives. You should always wear a helmet for bike riding, horseback riding, or even skateboarding.*

- To properly fit a helmet, follow these steps:



1. Place a snug-fitting helmet on your head so the front is level with your eyebrows.
2. Adjust the helmet straps so the helmet cannot move from side to side or back and forth.
3. Make sure there is one-finger width between your chin and chinstrap.

- Skateboards and scooters can be ridden on the sidewalk. If you're riding your bike, ride on the right-hand side of the street going the same direction as the traffic. Give cars and pedestrians the right-of-way. Be sure to obey all traffic laws, signs, and signals.
- No matter how slow you are riding, you should always wear a helmet. Helmets are for everyone.

