

# HEADS UP FOR SAFETY

## **DID YOU KNOW?**

- Helmets reduce the risk of head injury by 85% and the risk of brain damage by 90%.
- Properly worn helmets are the single most effective safety device available to reduce head injury and death from accidents on bicycles, scooters, skateboards and in-line skates.

## **SAFETY TIPS**

- ALWAYS wear a helmet while riding bicycles, scooters, skateboards and in-line skates.
- Obey all traffic lights, signs and lane markings.
- Ride in a single file and in the same direction of traffic.
- Always signal in advance when making a turn.
- Stay alert and watch out for potholes, railroad tracks, etc.
- Before you enter any street or intersection, check for traffic by looking left-right-left.

## **PROPER HELMET FIT**

- The helmet should fit over the forehead, not more than two fingers above the eyebrows.
- Tighten the chinstrap so the helmet cannot move forward or backward. Only two fingers should fit under the strap.
- The straps should form a “V” around your ears.

[www.headsupforsafety.com](http://www.headsupforsafety.com)



*this program is funded by:  
NJ Office for the Prevention of Developmental Disabilities*