



## Adopt a Helmet!

Make a properly fitted helmet part of your bike riding experience. A helmet can help protect you and your family from serious injury!

Tips about helmet safety:

- Make sure the helmet has been safety certified - look for the sticker on the inside of the helmet.
- Helmets must be replaced every five years and/or after a crash or hard hit - even if it looks undamaged.
- Never buy a used helmet.
- Do not place stickers on your helmet.
- Parents can set a good example to children by wearing a helmet.
- Remember, anyone under the age of 18 must wear a helmet – it's the law.

Helmet Fitting:

- Put on the helmet so that it is not tilting backwards or forward. Then check the following:

Two fingers distance from helmet to eyebrow



V-shape straps around each ear



One finger between chin and fastened strap



For more information visit [www.ottawa.ca/health](http://www.ottawa.ca/health) or contact Ottawa Public Health at 613-580-6744.