



USE YOUR HEAD— WEAR A HELMET

Helmets should be worn while on a bike, skateboard or scooter. When properly fitted, helmets reduce the risk of head injury by 88%. Follow these steps for correct fit:

1

Eyes

Put the helmet on your head and look up. You should see the bottom rim of the helmet.



2

Ears

Make the straps form a “V” under your ears. They should be tight but comfortable.



3

Mouth

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



To watch a video on how to properly fit a helmet, visit: www.safekids.org/video/bike-helmet-fit-test



SAFE RIDER TIPS

- Ride on the right side of the road, on paths or sidewalks
- Obey all traffic signs and signals
- Stay in a single file line
- Always stay alert
- Use reflective accessories when riding at night

Custom fit bike and skate helmets are available for \$10, or donation, at each of the following locations:

- **Fire District 7**
360-794-7666
- **Fire District 4**
360-568-2141
- **Fire District 5**
425-670-5710
- **Lake Stevens Fire**
425-334-3034
- **Marysville Fire**
360-363-8500
- **Mukilteo Fire**
425-263-8150
- **North County Fire**
360-629-6957

**SAFE
K:DS**
SNOHOMISH
COUNTY

Safe Kids Snohomish County is a not for profit organization whose mission is to prevent unintentional injury and death in children ages 0-19.

Providence Regional Medical Center Everett has served as our proud leader since 1999.

 **PROVIDENCE**
Regional Medical Center