



Head Towards Safety,

Wear a Helmet

RISKS:



2020

1973

35%

decline in bicycle injury rate since CPSC's mandatory bicycle safety regulations took effect in 1976.



2021
Estimated Injuries

69,400

Bicycle & accessory related head injuries, separate from sports, treated in emergency departments for all ages (excluding powered bikes.)

TIPS TO KEEP SAFE:

Wear it Properly

Sit it evenly between your ears and flat on your head.



Wear it low on your forehead – 2 finger widths above your eye brows.

Tighten the chin strap* and adjust the pads inside for a snug and secure fit.

*Specific to bicycle helmets.

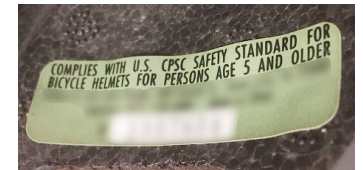


Get the Right Helmet Type

There are different helmets for different activities. Each type of helmet is made to protect your head from injuries related to the specific activities.

Check the Label

Does your helmet have a label inside showing it meets CPSC's federal safety standard? If not, don't use it.



Report the helmet to CPSC at www.SaferProducts.gov.

Replace When Needed

Replace the helmet after any impact to the helmet, to include dropping. Helmets are one-time use products and impacts can generally decrease the maximum effectiveness that particular helmet can provide. You may not see damage. Cracks in the shell, worn straps and missing pads or other parts are also reasons to replace a helmet.



United States
Consumer Product Safety Commission

CPSC.gov
f i t u
USCPSC



NSN-08-052022