



Bike to Work Safely,

Wear a Helmet

RISKS:



2020

1973

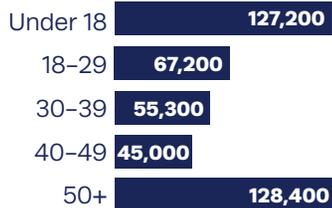
35% decline in bicycle injury rate

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

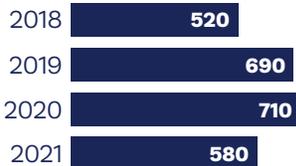
2021 Estimated Injuries

423,100

Bicycle-related injuries treated in emergency departments for all ages, including powered bikes.



Bicycle-Related Deaths* on non-powered bicycles



*2020 and 2021 bicycle-related death data incomplete.

TIPS TO KEEP SAFE:

Wear it Properly

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



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



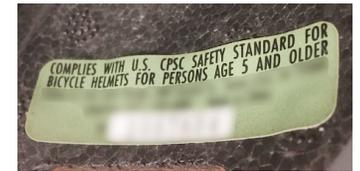
Tighten the chin strap and adjust the pads inside for a snug and secure fit.



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

Incidents can impact helmets, and you may not see the damage. Cracks in the shell, worn straps, and missing pads or other parts are all reasons to replace a helmet.



United States
Consumer Product Safety Commission

CPSC.gov
f i t i
USCPSC



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