



Are you heading to the great outdoors to ride a bike or play a ball sport like baseball, football, or softball? For many recreational activities, wearing a helmet can reduce the risk of a severe head injury and even save your life. Check off these safety tips to avoid injury:

- ☐ I will wear a helmet and other safety gear when bicycling and playing sports to protect myself from serious head injury.
- ☐ I will check the condition of my helmet and will replace it when needed.
- ☐ I will ensure the helmet fits and is worn correctly.
- ☐ I will use a bike-specific helmet when bicycling. I will look for a sticker or label that shows the helmet meets the mandatory CPSC safety standard.

Helmet condition: Good helmet condition is critical to the wearer's safety. Cracks in the shell, worn straps, and missing pads or other parts are all reasons to replace a helmet. When in doubt, buy a new one.

Fit and correct use: A helmet should be both comfortable and snug. Be sure that the helmet is worn so that it is level on your head - not tilted back on the top of your head or pulled too low over your forehead. Once on your head, the helmet should not move in any direction, back-to-front or side-to-side. For helmets with a chin strap, be sure it is securely fastened so that the helmet doesn't move or fall off during a fall or collision.

CPSC Bike Helmet Standard: All bike helmets made in or imported to the U.S. must meet the federal safety standard issued by the Consumer Product Safety Commission. Look for a label or sticker that says the bike helmet meets the CPSC standard.

Concussions: Helmets help reduce the risk of traumatic brain injury and skull fracture, but no helmet can prevent concussions. A good resource is the Center for Disease Control's (CDC) [HEADS UP Program](#).

Bicycling tips: It is important to follow recommended rules of the road and local regulations. Some include:

- Ride in the same direction as traffic as far on the right-hand side as possible.
- Wear bright colors and use lights, especially at night and in the morning.
- Use hand signals.

To report a dangerous product or a product-related injury go online to www.SaferProducts.gov

