

# FLORIDA'S BICYCLE HELMET LAW

**SINCE JANUARY 1, 1997, CHILDREN  
UNDER AGE 16 MUST WEAR A  
BICYCLE HELMET THAT:**

## IS PROPERLY FITTED

Make sure the helmet fits snugly on the head  
and doesn't slip around.

## IS FASTENED WITH A STRAP

The helmet won't work if it comes off  
your head. Use the strap and wear the  
helmet in the correct position.



**WRONG!  
TOO FAR BACK**



**WRONG!  
TOO FAR FORWARD**



**RIGHT!**



**LIKE THIS!**

## MEETS SAFETY STANDARDS

Before you buy a helmet, look inside for the  
sticker that says it meets the standards of the  
Consumer Product Safety Commission.



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# HOW TO FIT & WEAR YOUR BICYCLE HELMET

**Everybody  
WEAR YOUR HELMET!  
Every Time!**



Presented By  
*Brain Injury Association of Florida, Inc.*

# FIVE BASIC STEPS TO PROPER HELMET FIT

## 1. MEASURE YOUR HEAD

Measure your head just above the eyebrows (or as your manufacturer suggests) to be sure you purchase the proper size. Place the helmet on the head. Try to move it around.



## 4. TEST THE FIT

There should be little movement when the head is shaken. The strap should feel tight but should not cause discomfort - you should be able to slide a finger under it.



## 2. ADJUST THE FIT

Adjust the fit with the removable pads. You may need a combination of thin and thick pads to get the best fit. Rock the helmet gently from side to side, then from front to back. It should not move around.



## 5. FINE TUNE THE FIT

Go back to steps 1 through 4 if necessary to get the best fit possible. Practice buckling and unbuckling the straps.



## 3. ADJUST THE STRAPS

Adjust the straps - front, rear, and chin - to make the helmet level and snug. The front & back straps should make a "V" that comes together just under the ear. Buckle the strap.



## AND REMEMBER...

- Double check the fit of the helmet every time you ride.
- Adjustments will need to be made because of changes in hair styles and length or as a child's head grows.
- Replace a helmet that has become too small.
- Replace a helmet that has sustained damage.
- Don't store helmets in a hot car or garage.

## Did You Know?

- BRAIN INJURY IS THE NUMBER 1 KILLER AND DISABLER OF CHILDREN IN AMERICA.
- THERE IS NO CURE FOR BRAIN INJURY - A BLOW TO THE HEAD CAN CHANGE YOUR LIFE FOREVER.
- FLORIDA HAS ONE OF THE NATION'S HIGHEST RATES OF INJURIES AND DEATHS FROM BICYCLE CRASHES.
- HELMETS ARE 85% EFFECTIVE IN PROTECTING AGAINST BRAIN INJURY.
- A BICYCLE IS A VEHICLE AND MUST FOLLOW THE SAME RULES OF THE ROAD AS CARS.

For more on Florida's bicycling laws, visit [www.dot.state.fl.us/safety/ped\\_bike/ped\\_bike.htm](http://www.dot.state.fl.us/safety/ped_bike/ped_bike.htm)

