Before you get on your bike with your new helmet . . .

Take 10 or 15 minutes to fit the helmet properly. Be patient, so the helmet can do its job!

Wearing a bike helmet reduces the risk of brain injury by 88% ... if it is fitted properly.

REMEMBER, wearing a helmet reduces the risk of a brain injury by 88%.

For more information:

Bicycling in Minnesota: Minnesota Department of Transportation
www.dot.state.mn.us/bike/

Bicycle Helmet Safety Institute
www.helmets.org

Minnesota Nonmotorized Transportation Advisory Committee
www.mnsbac.org

Injury and Violence Prevention Unit
Minnesota Department of Health,
www.health.state.mn.us/injury
651-201-5400
Helmets are not hats!
They must be strapped on securely to protect you in a crash.

Caution to parents:
Remove a young child’s helmet before he/she climbs on playground equipment or in trees, where a helmet can snag and choke the child.

When to replace a helmet:
You may get more protection by fitting your current helmet carefully than by buying a new one.

If your helmet saved your brain once in a crash, then it did its job. It’s time to buy a new helmet.

Even if you haven’t had a crash, consider buying a new helmet after five years, for better protection. Ask your local bicycle shop to look at your helmet and offer their advice.