

**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/](http://www.dot.state.mn.us/bike/)

Bicycle Helmet Safety Institute  
[www.helmets.org](http://www.helmets.org)

Minnesota Nonmotorized  
Transportation Advisory Committee  
[www.mnsbac.org](http://www.mnsbac.org)

Injury and Violence Prevention Unit  
Minnesota Department of Health,  
[www.health.state.mn.us/injury](http://www.health.state.mn.us/injury)  
651-201-5400

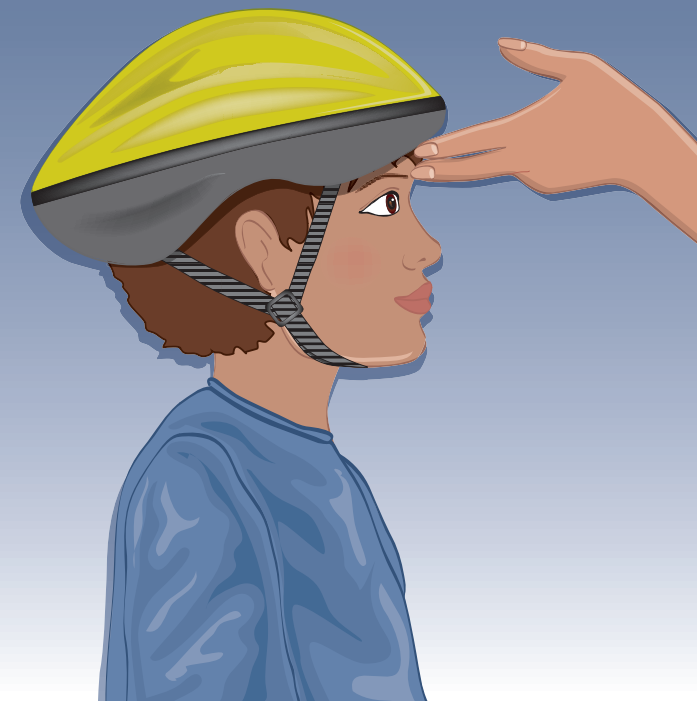


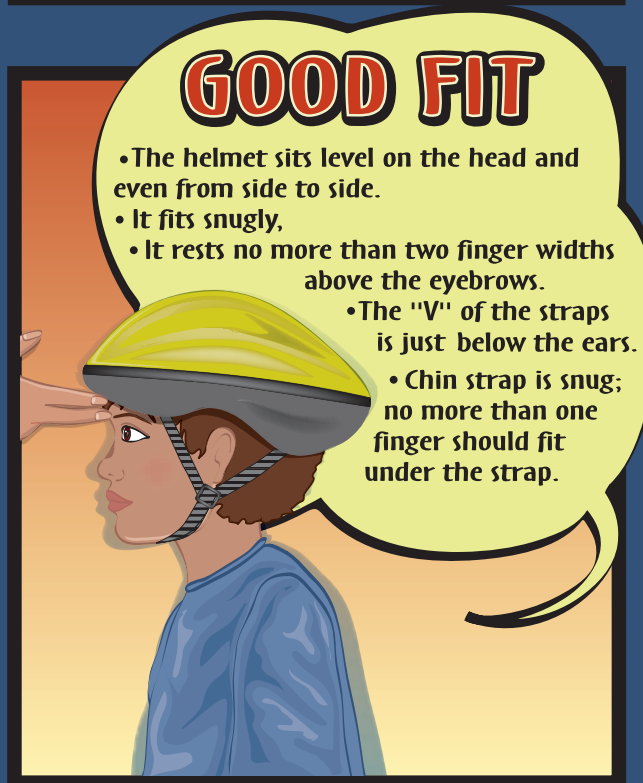
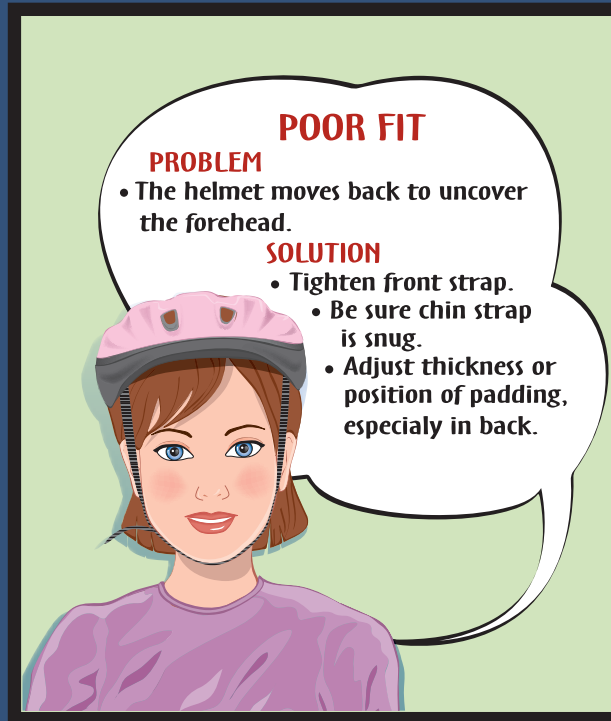
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## Before you get on your bike with your new helmet . . .

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.**





## 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.