

# CYCLE SAFELY BOSTON



Every bike ride should start with a helmet.  
But first, does your helmet fit properly?

1



**Eyes:** Position the helmet on your head to be 1-2 finger widths above the eyebrows. When you look up you should see the helmet.

2



**Ears:** Adjust the side straps on both sides to form a "V" shape under the ears using the sliders.

3



**Mouth:** buckle the chin strap and open your mouth wide to make sure the strap is snug and secure.

Those with bigger or thicker hair should look for helmets with an adjustment dial or size up and use extra padding. Wear a bandana, buff, or baseball hat under the helmet to **reduce hair volume and get a tighter fit.**



Injury Prevention & Active Living Programs  
[fitness@bphc.org](mailto:fitness@bphc.org)  
[boston.gov/bphc-injuryprevention](http://boston.gov/bphc-injuryprevention)



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## Helmet Facts:

- 1 Helmets can only withstand one hit.** Replace your helmet anytime there's a fall where your head gets hit.
- 2 Extreme heat damages helmets.** Wipe your helmet after each use and store in a cool place.
- 3 All helmets expire.** Write down the purchase date inside your helmet and replace it every 3 years.

## Rules of the Road:

- Ride in the same direction of traffic, unless the street is signed otherwise.
- Follow all traffic laws and regulations, including stopping at stop signs and following all traffic lights, unless signs are posted otherwise.
- Ring a bell or give another audible signal whenever necessary to ensure safe operation of your bicycle.



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