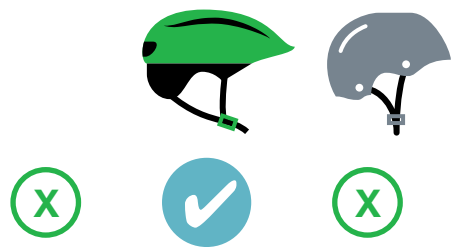




DID YOU KNOW?
 Wearing a helmet can reduce bicycle-related head injuries by up to **85%**.

By your side,[®] **for bicycle safety.**



ALWAYS WEAR A BICYCLE HELMET with a safety approved label. Remember, different helmets are designed for different activities. Be sure to wear a helmet designed for use when riding a bicycle.

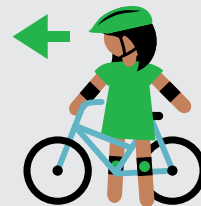


Check your bicycle for a good fit by standing over it. **THERE SHOULD BE 1-2 INCHES BETWEEN YOUR BODY AND THE TOP BAR.**

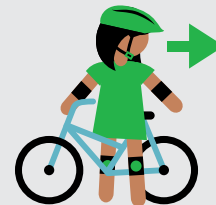
ALWAYS ride in the same direction as traffic. Follow all traffic signs to stay safe around cars. **STAY VISIBLE** to drivers by wearing bright, reflective clothing and by installing a reflector on your bicycle.



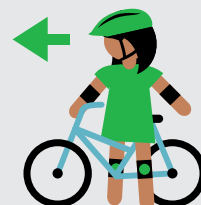
ALWAYS cross at a crosswalk and never between parked cars. **BEFORE** crossing:



Look **LEFT**



then **RIGHT**

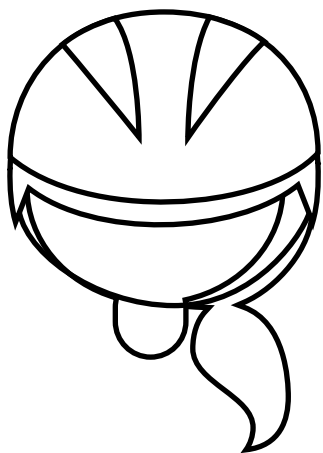


then **LEFT** again

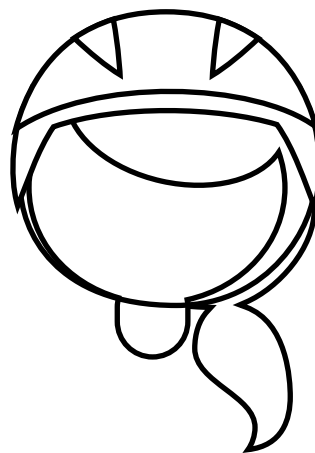
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Check your helmet for the right fit.

Color in each scene to learn what a properly fitting helmet looks like.



Too far forward



Too far back



Level and just right



Shake your head—if the fit is right, your helmet will stay on tight