

FITTING A BICYCLE HELMET RIGHT

1 The helmet should fit snugly. Use the foam pads to make it fit.

2 The helmet should cover the forehead.

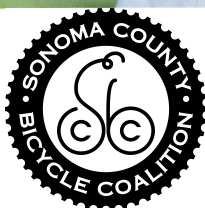
4 Fasten the strap under the chin, with one finger's width of space between the strap and the chin. The helmet must **ALWAYS** be buckled.

Gently try to roll the helmet backwards and forwards, and side to side, on the head. The helmet should not move more than 1/2 inch in any direction.

3 Move the plastic slide to make the straps meet just below both ears.



State of California
DEPARTMENT OF HEALTH SERVICES
State and Local Injury Control
Sacramento, California



COMO PONERSE EL CASCO DE BICICLETA Y HACERLO BIEN

Fitting a Bicycle Helmet RIGHT

1 El casco debe de sentirse ajustado. Use las esponjitas para ajustarlo.

The helmet should fit snugly. Use the foam pads to make it fit.

2 El casco debe de cubrir la frente.

The helmet should cover the forehead.

4 Abroche la correa bajo la barbilla, dejando un espacio del ancho de un dedo entre la correa y la barbilla. El casco SIEMPRE tiene que estar abrochado.

Fasten the strap under the chin, with one finger's width of space between the strap and the chin. The helmet must ALWAYS be buckled.

Mueve el casco hacia atrás y hacia adelante, y de un costado al otro, lentamente al tenerlo puesto en la cabeza. El casco no se debe de mover más de media pulgada hacia ningún lado.

Gently try to roll the helmet backwards and forwards on the head. The helmet should not move more than 1/2 inch in any direction.

3 Mueva la hebilla de plástico deslizable para que las correas queden justamente debajo de las orejas.

Move the plastic slide to make the straps meet just below both ears.



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