

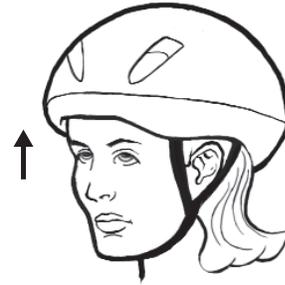
# A helmet can save your life!

## Make sure you are wearing it properly.

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### Eyes

When you look up, you should see the front rim of the helmet. If you cannot see it, tilt the helmet forward until you do.



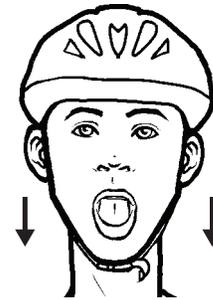
### Ears

Snap the chin buckle closed. The two straps on each side of your head should meet under each ear to form a V. If they do not, move the straps up or down through the junctions.



### Mouth

With the chin buckle closed, you should be able to slip two fingers between your chin and the chinstrap. Open your mouth wide. You should feel the helmet push down slightly on the top of your head. If it does not, take the helmet off and make the chin strap shorter by sliding the strap through the buckle.



Find out more at [www.cityofelgin.org/bikes](http://www.cityofelgin.org/bikes)

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or [www.activetrans.org](http://www.activetrans.org) for more information.

