

# Living Safely

with disabilities and special health needs

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## Wearing Bicycle Helmets Prevents Head Injuries

Wearing a helmet when riding a bicycle reduces injuries to the head from bicycle crashes and accidents.

It is important to wear a helmet every time when riding a bicycle.

The helmet needs to be the correct size for your head. It also needs to be put on your head in a certain way.

Not all helmets are the same. Not all helmets will prevent injury. The U.S. Consumer Product Safety Commission (CPSC) is an organization that determines safety guidelines and requirements for helmets to be safe to use.

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We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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