

Living Safely

with disabilities and special health needs

How to Put on a Bicycle Helmet



Children's
Specialized Hospital®

An RWJBarnabas Health facility



A bicycle helmet needs to fit on my head correctly to protect my head from getting hurt or injured.



First, I need to check to see if the helmet is the right size.

I place the helmet on top of my head in a level position.

The helmet should not move forward, backward, or side to side.



After the helmet is on my head, look up.

I should see the bottom rim of the helmet.

Then I place one or two fingers above my eyebrows. The rim of the helmet should just touch my fingers.



It is important to buckle the straps every time I use a bicycle helmet.

The straps should fit around my face and neck securely and comfortably, but not tightly.

To check the straps, I place them flat against my skin and then fasten the buckle under my chin.



Source:

www.saintfrancis.com/living-well/childrens-wellness/safe-kids/safety-resources/bicycle-safety

I open my mouth as wide as I can. I should feel the helmet hug my head. If not, I need to tighten the straps and repeat again.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from Safe Kids Worldwide (www.safekids.org) and the National Highway Traffic Safety Association (www.nhtsa.gov).

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