



Head Towards Safety,

Wear a Helmet

RISKS:

 **2023 Injuries**



405,923

bicycle-related injuries
treated in the ER for all ages



137,000

**bicycle & accessory
related head injuries**
treated in the ER for all ages

TIPS TO KEEP SAFE:

Wear it Properly

Sit it evenly
between your ears and flat on your head.



Wear it low on your forehead 2 finger widths above your eyebrows.



Tighten the chin strap* and adjust the pads inside for a snug and secure fit.

*Specific to bicycle helmets.



Helmets are a one-time use product. Replace your helmet after impact.



Check the Label to make sure it meets CPSC standards.



United States
Consumer Product Safety Commission

Source: Consumer Product Safety Commission's National Electronic Injury Surveillance System (NEISS) Online Database

CPSC.gov
f i x v
USCPSC



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