



PROTECT THEIR HEADS, PROTECT THEIR FUTURE

**PROPERLY FITTED HELMETS SAVE LIVES AND
PREVENT SERIOUS HEAD INJURIES.**

LEARN HOW TO ENSURE YOUR CHILD'S SAFETY.



Why Helmets Matter

Wearing a helmet reduces the risk of serious head injury by up to **85%**

Use the 2-V-1 Rule For a Perfect Fit

1. "2 Fingers Above the Eyebrows: The front of the helmet should sit two fingers above the eyebrows to protect the forehead."
2. "V-Straps Around the Ears: Adjust the straps to form a snug 'V' shape around each ear."
3. "1 Finger Under the Chin Strap: Fasten the chin strap so only one finger fits snugly underneath."

Make Helmet Safety a Habit!

Choose The Right Helmet

Look for a label certifying that the helmet meets safety standards.

Inspect Regularly

Replace helmets after a crash or if they show visible damage.

Lead by Example

Always wear a helmet when riding with your child



CAPE FEAR VALLEY
HEALTH
Trauma Services