



# HELMET PROGRAM



Did you know that wearing an approved bicycle helmet that fits properly can help reduce the risk of a serious head injury by 88%?

A helmet should be worn every time you ride a bike, scooter, skateboard, skate, snowboard, or ski - and it needs to fit properly.

Snohomish Regional Fire & Rescue provides **FREE** bike and multisport helmets throughout the year at various events throughout our district. Follow our social media pages for updates about the next bike helmet event near you!

**Need a bike helmet but cannot afford one?**

Contact us at [CommunityRelations@SRFR.org](mailto:CommunityRelations@SRFR.org), and we may be able to help. Please note that supplies are limited.

## HOW TO FIT A HELMET



### EYES

Put the helmet on your head and look up. You should see the bottom rim of the helmet. The helmet should be two inches from your eyebrows.



### EARS

Make the straps form a "V" under your ears. They should be tight and comfortable.



### MOUTH

Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.



### SAFE RIDER TIPS:

- Ride on the right side of the road, on paths, or sidewalks,
- Obey all traffic signs and signals.
- Stay in a single file line.
- Always stay alert.
- Use reflective accessories when riding at night.