

Bike Helmet Safety for Children

Bike Helmet Safety

Riding a bike is a great activity to have fun and be active. It is important to always wear a bike helmet. It can help prevent injury or even death from a bike accident.

How to Wear a Bike Helmet

Here is how to make sure your child is wearing a bike helmet the right way.

- **Is the helmet the right size?**
Your child's helmet should fit snugly. Make sure it doesn't move side to side. Some helmets come with sizing pads that can be used to make sure it fits your child's head.
- **Is the helmet in the right position?**
Your child's helmet should sit level on top of their head. The rim of the helmet should be one or two finger-widths above your child's eyebrows.
- **Have the side straps been adjusted?**
Make sure the straps of the helmet form a "V" shape under your child's ears. Adjust the sliders as needed.
- **Is the chin strap buckled?**
Buckle the strap and tighten it until it is snug. Make sure that no more than one or two fingers fit under the strap.

Bike Helmet Fit Test

To make sure your child's helmet fits right, use this test. Have your child open their mouth as wide as they can. Your child should feel the helmet hug or pull down on their head.

When to Replace a Bike Helmet

Replace your child's bike helmet if:

- it has been involved in a crash
- there is any damage to the helmet
- it gets too small.

Tip

Your child should only wear a bike helmet when riding a bike. Do not wear a bike helmet when playing on a playground. The straps could get caught on the equipment.

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Photo © Allina Health System

Your child's bike helmet should sit level on top of their head.



Photo © Allina Health System

Make sure the straps of the bike helmet form a "V" shape under your child's ears.

**Some information adapted
from the National Highway Traffic
Safety Administration.**