

Wear Your Helmet the Right Way



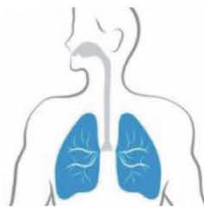
1. Watch [this 2 min video](#) on how to wear your helmet the right way.
2. Read how to wear your helmet in the first part of [Be A Safe Bike Driver](#).

Test your knowledge!

3. A bike helmet protects my *BRAIN* *LUNGS* *ELBOW* in the event of a crash.
(circle one)



BRAIN



LUNGS



ELBOW

4. Circle the picture that shows a bike helmet correctly positioned on a person's head:



a)



b)



c)

5. To fit your helmet correctly you should use the ***Eyes, Ears, Mouth*** Test. Use one of those three words to fill in the blanks correctly below:

- 1) First, use your _____ to look up and see the very edge of your helmet above your eyebrows.
- 2) Next, make sure the straps meet right under your _____ to form a Y.
- 3) Lastly, fasten the strap under your chin so that if you open your _____ wide you can feel the strap tighten your helmet on top of your head.



6. Now try on your helmet and ask one of your parents to help you fit it correctly using the

*E*_____ ,

*E*_____ ,

*M*_____ test.

Draw what your helmet looks like on your head below. Remember to add fun decorations :)



HELMET LAW: It's the law in Maine to wear a helmet correctly if you are under 16. Do the "Eyes, Ears, Mouth Test." Helmets should be properly used by people of all ages when bicycling - be a role model if you are older!

HELMETS ARE GOOD FOR 1 IMPACT: Replace a bike helmet that is damaged or has been involved in a crash. Bike helmets are designed to help protect your brain and head from one serious impact, such as a fall onto pavement. You may not be able to see any damage, but the foam materials in the helmet will crush after an impact. That means that the foam in the helmet won't be able to help protect you from another impact.