## Get moving. Stay Safe. Wear a Helmet.

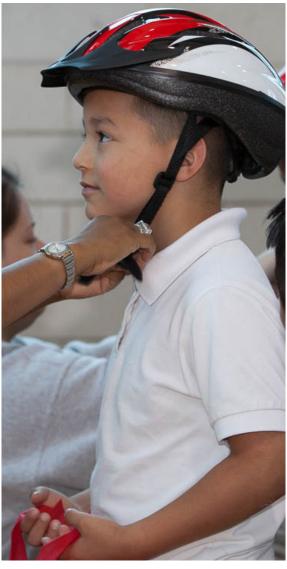
## Fit Is Important

Select the correct size helmets for your event.



- ► The helmet should fit level on top of the head.
- ➤ The front of the helmet should cover the forehead, approximately one inch above the eyebrows.
- ➤ Adjust the straps and the turn ring (at the back) to secure the helmet. No more than one finger should fit between the chin and the straps.
- ► Test the fit by pushing the helmet with your hand. If it shifts or slides with a simple push, readjust the straps, or use the helmet pads to make it fit snugly.
- If adjusting the straps doesn't work, the helmet may be too large.







Hard Hats for Little Heads

Physicians Caring for Texans