

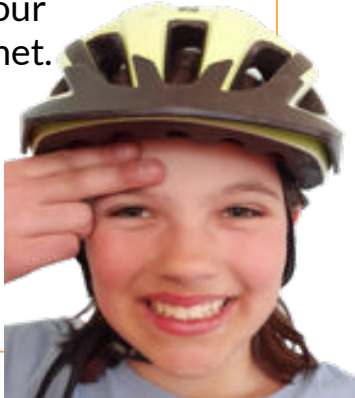
Wear Your Helmet the Right Way

Maine Law requires everyone under the age of 16, when riding a bicycle, to wear a bicycle helmet "of good fit, positioned properly, and fastened securely upon the head by helmet straps." The "Eyes, Ears, and Mouth Test" will help you make sure your helmet fits correctly and comfortably.

1st be sure your helmet fits snugly on your head. Adjust the sizing band that circles your head (or change the pads) until your helmet fits without sliding around on your head when it is unbuckled

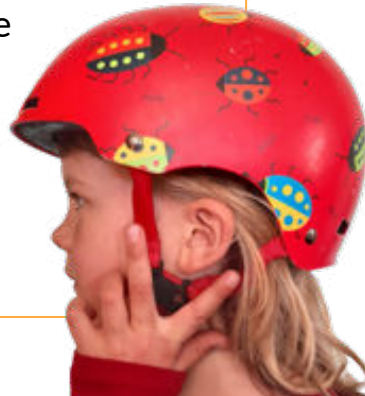
Eyes

Your helmet should sit level on your head. When you look up past your eyebrows, you should be able to see the front edge of your helmet.



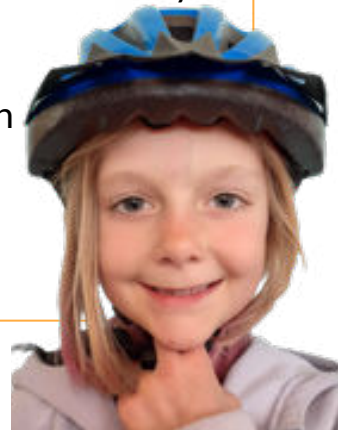
Ears

The side straps should meet under your ear lobes to form a "Y," and should be snug and flat against your head. Proper adjustment of these straps will keep the helmet level on your head.



Mouth

Buckle the helmet. The strap under your chin should be comfortable, but snug enough so you feel the helmet pull down on the top of your head when you open your mouth wide.



Other Tips with Your Helmet

- **Take good care of your helmet:** Helmets are made of lightweight materials so they will be comfortable. This means your helmet should be handled with care so that it will absorb the impact of a crash. Treat your helmet with care! Throwing or dropping your helmet may cause damage (which might even be invisible).
- **Keep it out of the sun and away from heat:** Storing your helmet in the sun or in a hot place may also damage your helmet, making it brittle and less able to protect your head in a crash.
- **Replace helmets every 5 years or less:** The foam in a helmet, designed to absorb the energy of a crash, becomes brittle over time. For best protection, it is recommended that helmets be replaced every 5 years or less, even if undamaged. For more help, visit your local bike shop.
- **Helmets are good for only one crash:** Be sure to replace your helmet if you damage it or if it is ever in a crash - helmets are good for one crash only.