

HELMET/SCOOTER SAFETY

Children should wear a helmet while they are riding on their bikes, scooters, skateboards or in-line skates.

**Helmets protect the head and brain from getting hurt.
They are like “seatbelts” for your head.**

- By law in California, everyone age 17 years and under must wear a Consumer Product Safety Commission (CPSC) approved helmet while bicycling, riding a scooter, skateboard, roller skates and in-line skates.
- Have your child pick out the helmet. Kids will be more likely to wear a helmet that they like than one they think looks “silly”.
- Choose a helmet with a round, smooth plastic outer shell.
- The helmet should sit low on the forehead, about 2 fingers above the eyebrows.
- The fit of the helmet should feel snug, but not tight. Use thicker or thinner pads as needed.
- The front and back straps should form the letter “v” just below the ears.
- Only one finger should fit between the chinstrap and the chin.
- The helmet should not move more than ½ inch in any direction.
- Use knee and elbow pads when riding scooters.
- Do not use wristguards when riding anything with handlebars, such as bicycles and scooters. (It is hard to grip the handlebars when wearing wristguards).
- Stay away from streets and surfaces with water, speed bumps, sand and gravel.

