



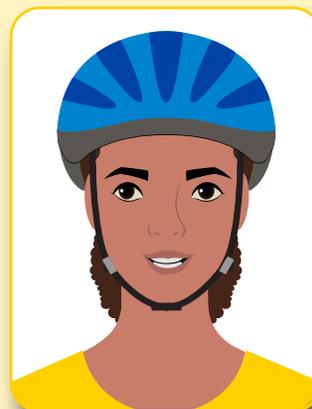
Choosing a Bicycle Helmet

When it comes to selecting a bike helmet, ask yourself these three questions:



Is it legit?

There are many bike helmets on the market, but only some comply with federal safety standards. Look for the label that shows the helmet meets the U.S. Consumer Product Safety Commission bicycle standard for safety. When properly used, helmets meeting this standard can protect against skull fractures and severe brain injuries.



Does it fit?

A poorly fitting helmet will not protect your skull in a crash. A bike helmet that fits right should be comfortable, sit level on your head, provide adequate head coverage without blocking your vision, and be snug so that it cannot fall off when fastened.

What type is it?

There are helmets for many different activities, and they are made to protect your head from the kind of impact associated with a particular activity or sport. If you are choosing a helmet for riding a bike, be sure the helmet is a bike helmet. Always choose the right helmet for the right activity. Visit CPSC.gov and search "helmets" to find out more about the different types of helmets.

