

5 tips for helmet safety



1 The front edge of the helmet should be **two finger widths above the eyebrows**. If it's too far forward, the helmet could block your vision; if it's too far back, you might not be protected properly.

2 The **helmet should be snug** and not slide around once it's put in place. Try adjusting the straps.



3 The front and back straps **should form a V** just below the ear.

4 The **front straps** should be vertical and slightly in front of the ears. The **rear straps** should be more horizontal and behind the ear.



5 When you open your mouth, the chin strap should be snug. When your mouth is closed, **one finger should be able to fit between your chin and the chin strap**.

We know accidents happen. When your pediatrician is unavailable, the pediatric teams at our Urgent Care Centers are standing by for your child's minor summer injuries and illnesses, from insect stings to broken bones.

Visit us at choa.org/summersmarts for more summer safety tips.