

# MAKE SAFETY A HABIT

Bicycle helmets are cooler, more comfortable and easier to adjust than ever before. There are plenty of inexpensive choices for kids and adults alike. Just remember the ground rules:

**Make sure the helmet is safe.** Look for a seal of approval from the Consumer Product Safety Commission (CPSC), American National Standards Institute (ANSI) or Snell Memorial Foundation.

**Make sure it fits snugly.** You shouldn't be able to move the bicycle helmet more than one inch in any direction, front to back or side to side. The sizing pads included with every bicycle helmet can help make the fit more secure. If you have long hair, consider a helmet with a ponytail port.

**Think about visibility.** If the bicycle helmet straps block your vision — even a little bit — choose another helmet. Likewise, make sure motorists and other cyclists can see you. Choose a white or brightly colored helmet.

By: Mayo Clinic

