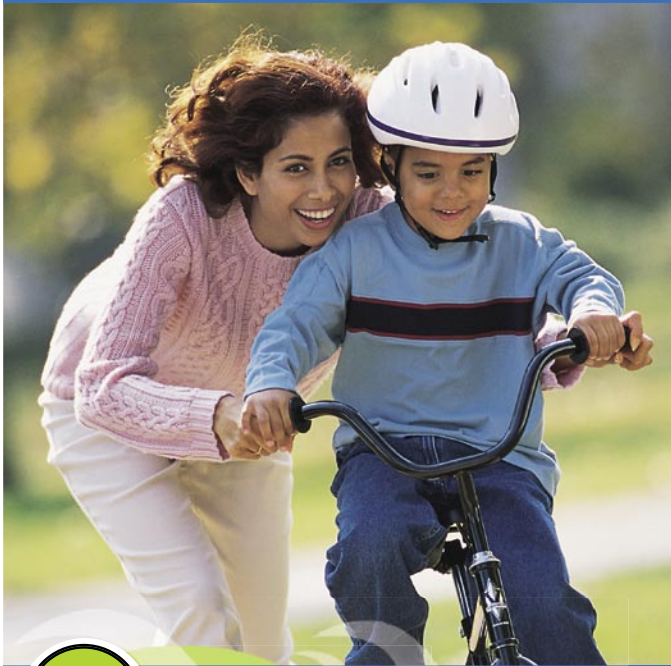


Helmets Are Cool



FiT

FIT IS IMPORTANT

Wearing a helmet is important – wearing one that fits properly is even more important.

- The helmet must sit squarely on top of your head.
- The front of the helmet should cover your forehead, approximately 1 inch above the eyebrows.
- Adjust the straps on both sides to secure the helmet. The straps should be snug but comfortable.
- If needed, use the pads included with the helmet to make it fit snugly.
- Test your fit by pushing the helmet with your hand. If it shifts or slides with a simple push, readjust the straps.
- If adjusting the straps doesn't work, the helmet may be too large.

Wearing a helmet that is too big, too small, old, or unbuckled will not protect you. Helmets wear out over time and should be replaced every few years.

ACCIDENTS HAPPEN

Even really good bike riders, skaters, and boarders crash. One wrong fall is all it takes to wind up with a serious head injury. That's why it's cool to wear a helmet – it can help prevent almost all injuries.

The doctors of the Texas Medical Association care about you and your safety. That's why we've given away more than 30,000 helmets through Hard Hats for Little Heads – a free helmet program.

To bring a free helmet giveaway to your community, contact TMA's Hard Hats for Little Heads program coordinator at (512) 331-6336 or hardhats@texmed.org.



Hard Hats for Little Heads

Physicians Caring for Texans