



**GET MOVING.**



**STAY SAFE.**



**WEAR A HELMET.**



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**WEAR A HELMET.**

**Even really good bike riders, skaters, and boarders crash.**

That's why it's cool to wear a helmet — it can help prevent almost all head injuries. And be sure your helmet fits properly to keep you safe.



**✓ RIGHT**



**X WRONG**



- Be sure the helmet sits squarely on your head and covers your forehead.
- Adjust the straps (snug but comfortable) to secure the helmet.
- If needed, use the pads included with the helmet to make it fit snugly.
- Test your fit by pushing on the helmet. 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 and should be replaced every few years.



**Hard Hats for Little Heads**

Physicians Caring for Texans

*Hard Hats for Little Heads is made possible through generous grants from TMA Foundation, the philanthropic arm of TMA.*

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