Helmets keep your brain safe!

Helmets should fit correctly.

Your helmet should fit level on your head and cover your forehead.

Straps must lie flat and not be loose.

The chin strap should fit snugly. You should have one finger width between chin and chin strap.

Helmet should not be damaged or have paint or numerous/multiple stickers on it.

Bicycle Safety Tips

- Wear a Helmet
- Wear Light Colored Clothes
- Know Hand Signals
- Obey Traffic Laws
- Watch for Road Hazards
- Avoid Riding at Night

Always look Both Ways
Before Crossing the Street!

Color the Traffic Light

Red means

Yellow means

Green means

Be a
Helmet Hero

Grades: Pre-K - Kindergarten

Brought to you by:

The Helmet People
WWW.THEHELMETPEOPLE.COM
Introducing our Newest Helmet Hero

You are a Helmet Hero!

You are a Helmet Hero because you know that a helmet can protect you from a head injury. A helmet keeps your brain safe. You let others know that they should wear a helmet.

Where does the gear go? Draw a line from the gear to the where it goes on the child.

You can wear a helmet while doing many things!

Wear your helmet while riding your ___________ or ___________

Or ___________

Or when wearing your ___________

Or during a ___________

Learn Your Hand Signals!

Find the Words

RED GREEN YELLOW STOP HELMET HERO BIKE GO

RED H S T O P
GREEN E N T N
YELLOW B I E L D H S E
HELMET G I A M F E L E
HERO M O T E J R K R
BIKE P H E T Q O N G
GO Z Y W O L L E Y

BICYCLE SAFETY