



HARBORVIEW
INJURY PREVENTION
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Bike Helmet Safety



www.hiprc.org/bicycle-safety/

Pick the right helmet



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Get a good fit

- Start with the right size. To find out the size of your head, wrap a soft tape measure around your head, just above your eyebrows and ears. Make sure the tape measure stays level front to back.
- *Coverage:* A bike helmet should not sit too high or low on the rider's head. Make sure the bottom of the pad inside the front of the helmet is one or two finger widths above the bike rider's eyebrows.
- *Side straps:* The side straps should make a "V" shape under, and slightly in front of the bike rider's ears.
- *Chin straps:* The chin strap should be centered under the bike rider's chin and fit snugly so that no more than one or two fingers fit between the chin and the strap. Once the chin strap is fastened, the helmet should not move in any direction, back-to-front or side-to-side.

Vision

- Make sure that you can see forward and side-to-side.

Bike helmet labels matter

- The U.S. Consumer Product Safety Commission (CPSC) certified label means that the helmet has been tested for safety and meets the federal safety standard.
- ASTM, Snell, or ANSI certified. These labels let you know that the helmet has also passed the safety tests of these organizations.



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Pick the right route



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Find a bicycle route that is separated from traffic

Use King County's Regional Trails System (RTS) map to find a map of non-motorized recreation and commuting routes.

Learn the rules of the road. Obey stop signs, traffic signals, speed limits on trails. Cycle in the same direction as other traffic unless the bike facility is marked otherwise. Ride predictably. Use hand-signals for your turns. When passing other riders or pedestrians, say "passing on your left," then pass slowly.

Resources

Bicycle Helmet Safety Institute (BHSI) www.helmets.org

CDC Bicycle Safety www.cdc.gov/transportationsafety/bicycle/index.html

Washington State Department of Transportation Bicycle Safety
www.wsdot.wa.gov/travel/commute-choices/bike/safety

NHTSA Bicycle Safety www.nhtsa.gov/road-safety/bicycle-safety

King County's Regional Trails System (RTS) Map
www.kingcounty.gov/services/parks-recreation/parks/trails/regional-trails.aspx/



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