

**STRONG<sup>4</sup>LIFE™**



**Children's™**  
Healthcare of Atlanta

Helmets can significantly reduce risk of severe brain injuries, so make sure your child is always wearing a properly fitted helmet while riding anything with wheels.



# Encourage your child to wear a helmet

- 1** Let your child choose their helmet, keeping in mind size and fit.
- 2** Talk to them about why helmets are important.
- 3** Be a safety role model by always wearing your helmet.
- 4** Let them know they're not allowed to be on wheels without a helmet.
- 5** Be consistent with limits so they understand that safety is a priority.



Learn more at  
[Strong4Life.com](https://www.Strong4Life.com)

**Looking for a helmet?** Fill out the contact form at [SafeKidsGeorgia.org/contact](https://www.SafeKidsGeorgia.org/contact) and someone will reach out with information for your area.

# Helmet Fit Test

## 1. Eyes

Check that 2 fingers fit in the space between the eyebrows and the bottom of the helmet.



## 2. Ears

Make sure the front and back straps form a V just below the ears.



## 3. Chin

Hook 1 finger above the chin strap; there should be no extra space.



**Note:** Hairstyles can affect helmet fit. Keep long ponytails and bulky buns and braids lower, toward the nape of the neck. Check and adjust your child's helmet before each ride.

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**SAFE**  
**KIDS**  
GEORGIA

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