WHEELS UNDER YOUR FEET?
HELMET ON YOUR HEAD!

Helmets can save your life. NOW IT’S THE LAW!

NEW JERSEY STATE LAW REQUIRES THAT
CHILDREN UNDER THE AGE OF 17 WEAR A HELMET
WHILE BICYCLING, SKATEBOARDING & ROLLER-SKATING
P.L.2005, c.208

Brain injury is a leading cause of death and disability in children and young adults.

A properly worn helmet is the single most effective safety device available to reduce brain injury and death by as much as 88%.
- Dr. C. Everett Koop, MD., former U.S. Surgeon General

“I was hit by a car. I flipped over the car, followed by my bike. If I hadn’t been wearing my helmet, I could have died. I almost missed out on my life.”
- 16 year old girl from Branchburg

Be Sure the Helmet Fits Properly…

1) The helmet should fit directly over the forehead, two fingers above the eyebrows.

2) Tighten the chinstrap to keep the helmet from slipping forward or backward. Only two fingers should fit under the chinstrap.

3) The straps of the helmet should form a “V” under your ears when buckled.

Questions? www.njsaferoads.com

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