

Always wear a helmet

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Today I completed the 'Always wear a helmet' e-puzzle.

I learnt:

- how to check the fit of my helmet
- how a helmet helps to protect my head, face, skull and brain if I fall
- why I always need to wear a helmet when riding my bike, scooter or skateboard.

How to check helmets are always correctly fitted and worn



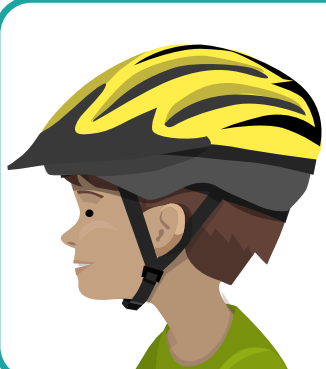
Check the helmet is positioned correctly. Can you fit just two fingers between your eyebrows and helmet?

1



Check the chin straps are tight enough. Can you just fit two fingers between the helmet strap and your chin?

3



Check the straps are correctly positioned and free from twists. Do the straps join in a 'V' just below the ears?

2



A grown-up should always check that your helmet fits correctly and is buckled properly so you'll be ready to ride.'

4

Name _____

I wear my helmet when

I wear my helmet because
