

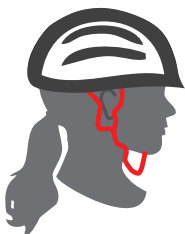
The Right Fit!



- **Wear** a helmet whenever you ride.
- Always **buckle** the chin strap.
- **Replace** your helmet after any crash and whenever you see signs of damage.

WRONG! Tilted

Wear your helmet level on your head, about 2 finger-widths above your eyebrows.



WRONG! Loose Straps

Make sure the straps are snug. Only about 2 fingers should fit beneath the chin strap.

WRONG! Too Big

Your helmet should fit snugly on your head and not rock side-to-side. Use the foam pads that came with the helmet or the internal adjuster to fine-tune.



Helmet Style



Helmets come in all fashions and colors. Find yours and ride in style!

Worried about helmet hair? Try tying your hair back or wearing a thin scarf or

bandana under your helmet. Keep hair product at work for a quick touch up.



Call 311 to schedule your free helmet fitting!

Or Call:

Bronx Safety City

837 Brush Avenue
718-822-4116

Brooklyn Safety City

Woodhull Hospital
760 Broadway, Main Floor
718-963-6858

Manhattan Safety City

P.S. 92
222 West 134th Street
212-368-7653

Manhattan II: Access Safety City

672 West 158th Street
212-795-3046

Queens Safety City

107-02 Myrtle Avenue
718-805-4510

Staten Island Safety City

Petrides School
715 Ocean Terrace
718-390-5150

Remember...

- You must be present to get a helmet.
- Everyone receiving a helmet must sign a waiver.
- A parent or legal guardian must be present to sign a waiver for children under age 18.
- You must learn how to properly fit and wear a helmet before you receive it.
- Helmets available while supplies last.



For more information go to www.nyc.gov/bikes