

MAKE SURE IT FITS!

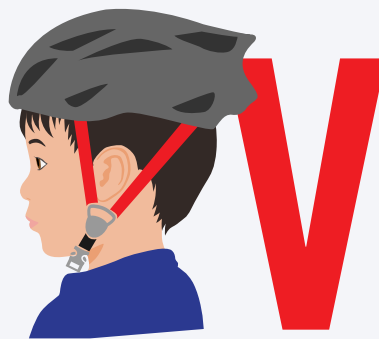
REMEMBER THE
2V1
SHAKE, SHAKE,
SHAKE RULE!

MAKE SURE YOUR CHILD ALWAYS WEARS A PROPERLY FITTED HELMET!

It's the law in Ontario for children and youth
(under 18) to wear a helmet when bicycling.



2 FINGERS ABOVE
YOUR EYEBROWS



V SHAPE STRAP
UNDER YOUR EARS



1 FINGER SPACE
UNDER YOUR CHIN

SHAKE, SHAKE, SHAKE your head up and down
and side to side to make sure the helmet is snug!

PUBLIC HEALTH
1-877-464-9675

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York Region