

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%.

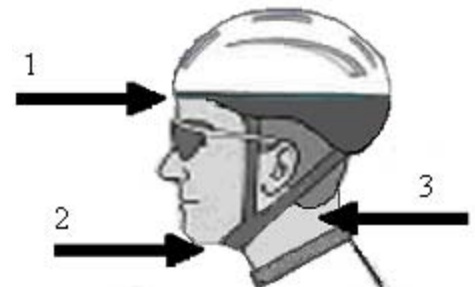
- Dr. C. Everett Koop, MD., former U.S. Surgeon General

*"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

EBPD: www.ebpd.net / 732-390-6938

*** Safe Kids New Jersey ***
*** DHS Office for Prevention of Mental Retardation and Developmental Disabilities ***
*** New Jersey Trauma Council ***
*** New Jersey State Safety Council ***

*** Association for Children of New Jersey ***
*** Brain Injury Association of New Jersey, Inc. ***
*** Epilepsy Foundation of New Jersey ***
*** Jersey On/Off Road Bicyclist Association ***
*** NJ Bicycle Association ***