

# Make sure it fits!



*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!**

***Make sure your child always wears  
a properly fitted helmet!***

For more information contact York Region **Health Connection** at  
**1-800-361-5653** or visit [www.york.ca/injuryprevention](http://www.york.ca/injuryprevention)

