

# **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%.

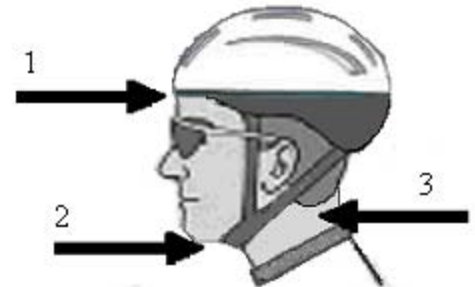
- Dr. C. Everett Koop, MD., former U.S. Surgeon General

*"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](http://www.njsaferoads.com)

\*\*\* 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 \*\*\*