


# Helmets: Get information & a coupon!

## How to fit a helmet:



Get the **right size** - measure your head before purchasing your helmet. Purchase a helmet approved by the CPSC. Replace any helmet that has been in a crash.

Wear your helmet **level** on your head, not tilted back.

Use foam pads to get a comfortable fit.

Straps should be snug, but not uncomfortable.  
Straps should form a “v” under the ear.

Tighten the chin strap, and make sure the buckle is **secure** and snug.

Your helmet should pull down when you open your mouth.

Purchase helmets that your kids like and will wear.

Helmets come in many colors - bright colors are more visible to vehicles.

Look for vents; good ventilation can make the head cooler and more comfortable.

And finally, be sure to read all instructions that come with your helmet.



## Helmets work!

Helmets reduce the risk of head injury by 85%.

Helmets reduce the risk of brain injury by 88%.

Bicycling, skateboarding, riding scooters and in-line skating are sports that require protective gear to help prevent injury or death.

**Protect your head...Wear a helmet.**

Find out more...

Safe Kids USA [www.safekids.org](http://www.safekids.org)

Bike Helmet Safety Institute [www.bhsi.org](http://www.bhsi.org)



## 20% OFF HELMETS\*

Offer good: June 1, 2010  
through December 31, 2010

\*20% off the regular price of protective helmets in stock. Includes bike, skateboard, and in-line skate helmets; excludes batting helmets.

Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase only. Cannot be combined with any other offer or sale. Go to [www.big5sportinggoods.com](http://www.big5sportinggoods.com) for the location nearest you.



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