PUT A LID ON IT
protect before you pedal

Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

YOUR MOVE

5 Safety Rules to Follow

1. Always **wear a helmet** when you bike, skateboard, or scooter.
2. **Watch for others** on the road or sidewalk.
3. **Follow all traffic signs** and rules of the road.
4. Slow down and **travel at a safe speed.**
5. Check bike **tires, brakes, and chains** prior to riding.

Learn more about helmet safety and Put a Lid on It!

#BikeHelmetSafety is your job too!

https://ohioaap.org/putalidonit

Safety Pledge

I Promise to…

As a bicyclist:
- Always wear my bike helmet
- Obey traffic signs and signals
- Stop and look both ways before entering the street
- Ride in the direction of traffic

As a motorist:
- Drive at a safe speed
- Check for people walking or biking when turning
- Yield to pedestrians at intersections and crosswalks
- Change lanes to pass

Signature: _____

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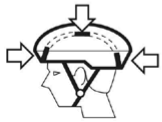
YOUR MOVE

How to Fit a Helmet

Fitting

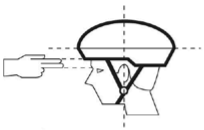


✓ Pads touch head at front, back, sides and top.

✗ Not too big or loose.

✗ Not too small or tight.

Wearing



✓ Helmet sits level—about 2 fingers above eyebrows.

✓ Chin strap is snug. Straps meet just below ears.

✓ Vision and hearing are not blocked.

✗ Do not wear on back of head.

✗ No hats or kerchiefs.

✗ No hair in way.

Tips for Different Hair Textures and Styles

1. You may need to size up to a larger helmet.
2. Use a protective hairstyle such as a braid, pigtails, or low bun.
3. Try using a scarf or bandana to protect hair and reduce volume.

https://ohioaap.org/bike-helmet-fitting-for-inclusivity

For more resources on fitting helmets for all hair types!
#PutaLidOnIt #BikeHelmetSafety