Every year more than 600 Utah kids are hurt in bicycle crashes. A helmet is the best tool to help you survive, and a helmet that fits right can reduce your risk of head injury by 85%. Smart riders always wear a helmet.

Before you buy, let your child try on a few different helmets and choose a favorite. Kids are more likely to wear helmets if they’ve chosen themselves.

Set an example: Children are more likely to wear helmets if their parents do.

Buy a helmet that fits your child now, not a helmet to ‘grow into.’

See other side for fitting tips...