

# IT'S YOUR HEAD

# USE IT

## Always wear a helmet



**2 fingers**  
above your  
eyebrow  
to the  
bottom of  
your helmet



**4 fingers**  
to form a  
**V shape**  
where the  
straps meet  
below the ears



**1 finger**  
under  
the strap  
beneath  
your  
chin

## Make sure it fits

[#wearyourhelmet](#)

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