

It's Your Head Use It

Always Wear a Helmet



#wearyourhelmet
toronto.ca/helmets

Toronto Helmet Initiative is supported by:



SickKids

VISIONZERO

TORONTO
Public Health

Always wear a properly fitted 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

2-V-1