

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

toronto.ca/helmets

SickKids[®]



VISIONZERO



416.338.7600
toronto.ca/health

TORONTO
Public Health