

NAME:

DATE:

WATCH

Watch the following video, then answer the questions.

<https://www.youtube.com/watch?v=u2WuVKyX8do>

ANSWER

Fill in the blanks to correctly complete each statement:

1. Bike helmets should be certified by CPCS, Snell or .
2. To adjust your bike helmet for a proper fit, there should be no more than fingers width between your eyebrows and the bottom of your helmet to protect your .
3. The straps of your helmet should form a -shape, with one strap in front of your ear, and the other strap behind your ear.
4. No more than should fit between your chin and the chin strap.
5. The buckle of your helmet should be centered under your .
6. Wearing a helmet reduces head injuries by up to % in a crash.
7. Children ages to visit hospital emergency rooms from injuries related to bicycles more than any other injury.

8. You should replace your bike helmet if you _____ or if _____.

9. Review the picture below and explain what is wrong with the bike helmet fits marked “wrong.”

