

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 CPCCS, 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.”

