

NAME:

DATE:

## WATCH

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Watch the following video, then answer the questions.

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

## ANSWER

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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.”

