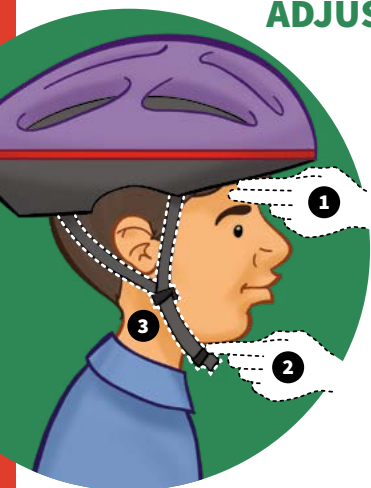


USE YOUR HEAD... WEAR A HELMET!

ADJUSTING A HELMET



The helmet should fit
squarely on top of the head.

- 1** The distance between the eyebrow and the edge of the helmet should not exceed 2 fingers.
- 2** Only 1 finger's width between the chin and the strap.
- 3** Side straps should form a "V" under the ears and slightly in front of the earlobes, by adjusting the slider. They also should be well aligned and not twisted.

WATCH OUT!



- **Replace the helmet if it is more than 5 years old.**
- **Don't buy a used helmet.**

