



# STRAP IN!



## LET'S TALK HELMET SAFETY



**HAVE YOU  
HEARD OF  
THE  
2-V-2  
RULE?**

**2**

**V**

**2**



**The helmet should sit just 2 fingers width above your eyebrows**



**The side straps should form a "V" just under the ears**



**The chin strap should be snug - only 2 fingers should fit under the strap**

**Helmets are made to absorb impact and keep your head safe if you fall or crash. Wearing one every time you ride your bike, scooter, or skateboard is one of the easiest ways to prevent serious injuries.**