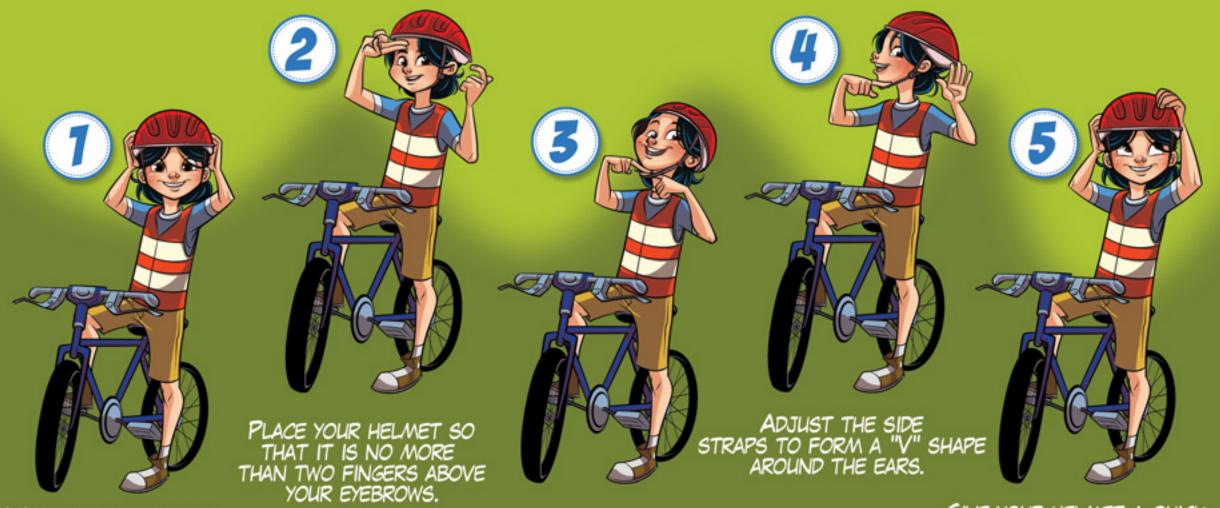




To learn more, please visit us at: MillerChildrens.org/injuryprevention



WEAR A HELMET THAT IS THE RIGHT SIZE.

BUCKLE AND TIGHTEN THE CHIN STRAP, SO THAT IT FITS SNUGLY UNDER YOUR CHIN. GIVE YOUR HELMET A QUICK WIGGLE-CHECK TO MAKE SURE IT DOESN'T MOVE MORE THAN AN INCH IN ANY DIRECTION.

