

# Helmet Safety

Answer the following questions, then compare with a partner.

## 1. When Do You Wear a Helmet? (circle all that apply)

Riding to school

Riding just around the block

Riding on a trail

Riding downhill

**Why is it important to wear a helmet every time you ride?**

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## 2. Write REPLACE or KEEP.

Helmet was worn in a crash but looks fine: \_\_\_\_\_

Helmet has cracks: \_\_\_\_\_

Helmet was dropped on the ground: \_\_\_\_\_

Helmet no longer fits properly: \_\_\_\_\_

### Important rule:

If a helmet is in an accident, you should \_\_\_\_\_.



## 3. Match each number/letter to what it means.

2 → \_\_\_\_\_

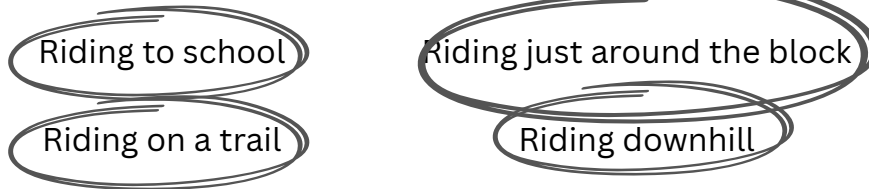
V → \_\_\_\_\_

1 → \_\_\_\_\_

# Helmet Safety

Answer the following questions, then compare with a partner.

## 1. When Do You Wear a Helmet? (circle all that apply)



## Why is it important to wear a helmet every time you ride?

Accidents can happen anywhere and at any time

Helmets protect the brain from serious injury

## 2. Write REPLACE or KEEP.

Helmet was worn in a crash but looks fine REPLACE

Helmet has cracks: REPLACE

Helmet was dropped on the ground: KEEP

Helmet no longer fits properly: REPLACE

## Important rule:

If a helmet is in an accident, you should Replace it!



## 3. Match each number/letter to what it means.

2 → Two fingers should fit between the helmet and the eyebrows

V → The straps should form a V shape under the ears

1 → One finger should fit between the chin and the chin strap