

Always wear a correctly fitted helmet

Cut along the dotted lines to separate the photos from the words. Place the pieces face down and mix them up. Match the photos with the correct words and put them back into the right order.



1. Check the helmet is positioned correctly. Can you fit just two fingers between your eyebrows and helmet?

2. Check the chin strap is tight enough. Can you fit just two fingers between the helmet strap and your chin?



3. Check the straps are correctly positioned and free from twists. Do the straps join in a 'V' just below the ears?

4. A grown-up should check you helmet fits correctly and is buckled up properly.

