

# WEAR A HELMET - WIN A HELMET

Donated by

*The Jessica Campaign*



Wear a helmet during Safety Week 2010  
and get a ballot for a chance to  
Win a new Winter Sport Helmet  
Prize Value over \$450

The Jessica Campaign

## ...a bike helmet fits correctly when:



It sits squarely on the head with the front of the helmet low on the brow (within 2 finger widths of the eyebrows 2 cm).



The padding gives a firm, uniform pressure around the head.



The front and rear straps form a “Y” just below the ears.



All straps are done up snugly..only 1 finger should fit between the chin strap and the chin.

