

Walk & Bike Safe in Monterey

PROTECT YOUR HEAD: WEAR A HELMET

A bicycle helmet should be properly fitted, adjusted, and worn each time you ride.



SNUG, LEVEL & LOW

This is the way you should always wear your helmet.



SNUG: NOT LOOSE

Choose a helmet that fits snugly all around your head. Your side straps should form a "V" just below your ears. Buckle your chin strap so that no more than two fingers fit under.



LEVELED: NOT TILTED

Your helmet should be leveled, not tilted forward or backward. Make sure the helmet doesn't rock from side to side.



LOW: BUT NOT BELOW YOUR EYEBROWS

Your helmet should fit squarely on your head with the front of the helmet low on the forehead but just above your eyebrows.