

Helmet Safety Video

Watch the video, You're Head is Like a Watermelon and answer the questions below.



You're Head is Like a Watermelon: Helmet Safety: <https://youtu.be/glhj5jmTw2E>

What is the most important reason to wear a bike helmet? _____

Even if you are a good cyclist, why is wearing a helmet a good idea? _____

To check your helmet fit, do this test: _____

How many fingers should fit under your chin to make sure the straps are adjusted correctly? _____

Besides safety, what's another reason to wear a bicycle helmet if you are under 18 years old? _____



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