

ACC SportSmart

OUR HEADS ARE WORTH PROTECTING

REMEMBER 2-4-1

2

Put two fingers above your eyebrows. Your helmet should sit just above them.



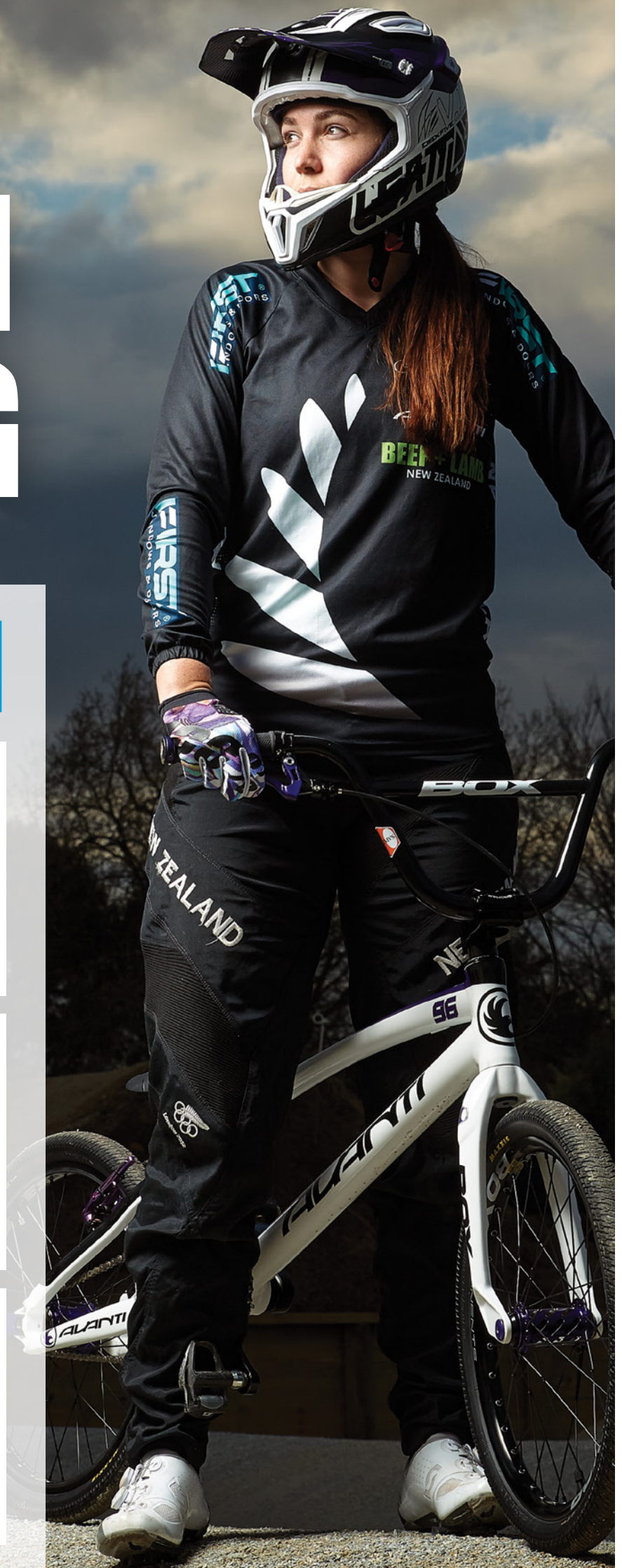
4

Then, put two fingers either side of your ears. Your four straps should be tight and follow your fingers.



1

Lastly, put one finger under the strap beneath your chin. Your strap should sit firmly.



Bikes
in Schools

 CYCLING
NEW ZEALAND

ACC