

# Helmet Safety Jeopardy!

## Head Smart: How to Protect Your Head

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1. How do you know if your helmet fits right?

- a. It sits evenly between your ears, rests low on your forehead and the strap is buckled. ✓
- b. It feels loose on your head and moves from side to side when you ride.
- c. It sits very high on your forehead.

**Talking Point:** Show the brain helmet to the students and demonstrate how to properly fit the helmet. Show how the helmet must sit straight on your head. The side straps should form a “V” around your ears. The chin strap should be buckled, and you should be able to fit only one finger between your chin and the strap.

2. A properly worn helmet has been shown to reduce the risk of brain injury by as much as:

- a. 15%
- b. 25%
- c. 66%
- d. almost 90% ✓

**Talking Point:** Properly fitted means all those points we just discussed, right size helmet, low on the forehead, buckle the straps with the straps, and forming a V around the ears. Remember, if you crash your helmet is trash. Energy absorbing foam is only good for 1 crash if you hit your head, it should be replaced every few years.

3. According to NJ law, everyone under the age of \_\_\_ must wear a helmet when riding on a bike, skateboard, inline skates, scooter, or any wheeled sport.

- a. 12
- b. 14
- c. 16
- d. 17 ✓

**Talking Point:** Even though the law says 17, how long do you need your brain to last? Everyone should wear a helmet to protect their brain.