

# BIKE HELMET FITTINGS

## Enjoy Biking. Ride Safely.



Safe bicycle adventures begin by gearing up properly. Our staff and volunteers are happy to provide a new helmet with a perfect fit.

## Bike Helmet Fitting Schedule

Helmet fittings are scheduled on the first Monday of the months, March through October. Fittings falling on a holiday will be rescheduled to the second Monday of the month. The program does not run November through February.

**1st Monday**  
**March-October 3 to 7 pm**

**For more information, call**  
**425.656.5577**

*Valley Medical Center extends special thanks to all the volunteers who help fit helmets every month.*

[www.valleymed.org](http://www.valleymed.org)

## Wear a Helmet, Stay Safe

Valley Medical Center's popular Bike Helmet Fitting Program has been serving the community since 1998. VMC and its dedicated volunteers are committed to promoting safe, healthy activities. A properly fit bike helmet is the most effective means for preventing and reducing the severity of head injury while biking, skating, or on a scooter. Valley Medical Center offers helmet fittings at the Children's Therapy Department, located at 3600 Lind Ave. SW, Suite 160 in Renton (near Ikea).

### Nominal Fee

There is a fee of \$8. The Bike Helmet Fitting Program does not accept debit or credit card payments. A custom-fit helmet is available to anyone over the age of one. The helmet recipient must be present to receive a helmet. **No Head, No Helmet!** Adults included.

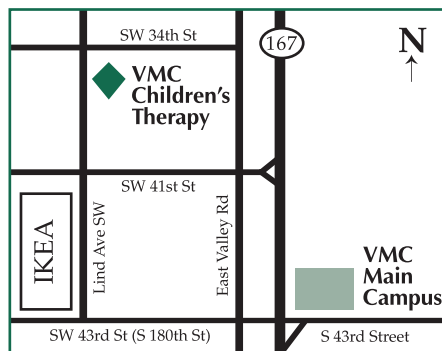
### Driving Directions to VMC Children's Therapy

#### From the North

From Highway 167 (Valley Freeway) take the SW 41st Street exit. Continue on SW 41st Street. Turn right onto Lind Avenue SW. VMC Children's Therapy is on the right after the intersection with SW 39th Street. Signs will lead to the bike helmet entrance, located to the left of the main Children's Therapy entrance.

#### From the South

From Highway 167 (Valley Freeway) take the SW 43rd Street exit. Turn left (west) on SW 43rd Street. Turn right onto Lind Avenue SW. VMC Children's Therapy is on the right after the intersection with SW 39th Street. Signs will lead to the bike helmet entrance, located to the left of the main Children's Therapy entrance.



**VMC Children's Therapy**  
Renton Commerce Center  
3600 Lind Ave SW, Ste 160  
Renton, WA 98055

 Valley Medical Center

## Tips for Safe Bike Riding

- ◆ You are responsible for your own safety.
- ◆ Always wear a properly fit bike helmet with the buckle fastened securely.
- ◆ Be alert and pay attention. Do not wear headphones while riding.
- ◆ Stop and check traffic before riding onto the street.
- ◆ Keep both hands ready to brake.
- ◆ Avoid broken pavement, loose gravel, and leaves – these can cause you to lose control of your bike.
- ◆ Obey traffic signs and signals.
- ◆ Ride on the right hand side of the street.
- ◆ Make eye contact with drivers to ensure they see you.
- ◆ Be extra careful turning left – motorists don't expect it. Use hand signals.
- ◆ Give cars and pedestrians the right of way.
- ◆ Check your brakes and tire pressure before riding.
- ◆ Wear light or bright-colored clothing so that motorists can see you.
- ◆ Avoid riding at night.

**Enjoy Biking. Ride Safely.**

## Frequently Asked Questions

### **When should I wear my helmet?**

A helmet is the single most effective way to prevent and reduce the severity of head injury. Even at low speeds, a crash can result in serious injury. A helmet should be worn at all times when riding, but it should be removed to prevent strangulation when children get off their bikes to play on playground equipment. A helmet only protects what it covers and will not prevent injury to the neck or face. Do not take unnecessary risks because you are wearing a helmet.

### **Why can't I purchase a helmet for my infant?**

Children less than twelve months old do not have adequate head control to support the weight of a helmet or safely sit in a bicycle child seat or trailer.

### **When should I replace my helmet?**

One crash and it's trash! A helmet should be replaced after any impact. During impact, the lining of the helmet compresses to absorb energy. The damage to the lining reduces its shock absorption capacity for future accidents. Children should also replace their helmets as they begin to outgrow them.

### **How do I know if the helmet fits properly?**

With the helmet level on your head, the bottom rim of the helmet should come down to two finger widths above your eyebrows. The side straps should form a "V" just below your earlobe. The chinstrap should be adjusted loose enough for easy breathing but snug enough that the helmet does not shift. Here are two quick fit tests:

- 1. Shake your head up and down and from side to side. If the helmet rocks forward or back and forth, it is not fitting properly.**
- 2. Open your mouth wide, like a big yawn. You should feel and see the helmet pull down on your head.**

### **What is a multi-sport helmet?**

A multi-sport helmet is used for several activities. The helmets fit at Valley Medical Center are certified for riding bikes, skates, and scooters. If you plan to snowboard, skateboard, or participate in other extreme sports a specialized helmet should be purchased. No helmet is guaranteed to provide multi-impact protection.

### **How do I care for my helmet?**

Your helmet should be cleaned using only a soft cloth, warm water, and mild dish soap. Helmets should be stored out of direct sunlight in a cool, dry place. Most helmet manufacturers discourage painting or placing stickers on helmets.

The clinical staff at Valley Medical Center have reviewed this handout. Your child's needs are unique. Please discuss specific concerns with your child's health care provider.