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.

City of Monterey

www.monterey.org/walkbikesafe

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