Easy Steps to Properly Fit a Bicycle Helmet

The following information is from the “National Highway Traffic Safety Administration.”

Helmets come in various sizes, just like hats. Size can vary between manufacturers. For the most comprehensive list of helmet sizes according to manufacturers, go to the Bicycle Helmet Safety Institute (BHSI) site: www.danscomp.com/products/charts/helmetchart.htm

To select and properly fit a bicycle helmet, follow the helmet fitting instructions below.

Step 1 - Size:
Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn’t rock side to side. Sizing pads come with new helmets; use the pads to secure fit to your head. Mix or match the sizing pads for the greatest comfort. In your child’s helmet, remove your head, make sure the helmet doesn’t rock side to side. Sizing pads come with new helmets; use the pads to

Step 2 - Position:
The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

Step 3 - Buckles:
Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

Step 4 - Side Straps:
Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Lock the slider if possible.

Step 5 - Chin Strap:
Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Step 6 - Final Fitting:
Does your helmet fit right? Open your mouth wide…big yawn! The helmet should pull down on the

Helmet Certification
Buy a new helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC); use an old helmet only if it has a seal from one or more of the voluntary bicycle helmet standards, such as ASTM, Snell, or ANSI. Look for the certification seal labeled on the helmet.

When Should I Replace My Helmet? www.bhsi.org/replace.htm

Website
Bicycle Helmet Safety Institute www.bhsi.org

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RAF/EOL Bob Olson x1071
RAL Diane Simmons x2136
SaSS Bob Wiley x8554
EOL/TIMES Brad Lindseth x8742
E&O Natalie Culkin x2585
F&A Matt Pinter x2522
MMO Charlie Knight x8940
SaSS Steve Sadler x8550
SaSS Anna Vasilevsa x2409
CGD/NESL Adam Phillips x1726
SOARS Karen Smith Herman x2590
HAO/NESL Don Kolinski x1548
FM&S Dave Maddy x1134
SaSS Milenda Powers x8625
Safety & Security Hotline x1100
Security x1139
Track emergencies online @ https://wiki.ucar.edu/display/incident/Home
Emergency x911
Emergency @ RAF x9911

West Nile Virus: Fight The Bite

Unfortunately, West Nile Virus (WNV) is here to stay and everyone is at risk. Protect yourself and your family from the threat of WNV by following these simple guidelines:

- Limit outdoor activity at dawn and dusk-this is when mosquitoes are most active. If you must be out at that time, wear long sleeves and pants and use a mosquito repellent.
- Use an EPA-registered insect repellent containing DEET, or DEET-free picaridin, or oil of lemon eucalyptus on all exposed skin before going outdoors.
- Drain standing water around your home weekly to reduce mosquito habitats-this includes flowerpots, buckets, wading pools, rain gutters, tires, toys, puddles and bird baths.
- Keep shrubs, bushes and trees pruned-the added light and airflow deter mosquitoes from hiding there during the day.
- Replace outdoor lights with yellow lights. Yellow bulbs attract fewer insects than standard white light bulbs.
- Reduce all dense under-growth around your home and keep the lawn mowed short.

Did You Know?
In 2008, 52,000 bicyclists were injured in traffic crashes and 716 bicyclists were killed. A detailed breakdown of US statistics is available at the National Highway Traffic Safety Administration: www.nhtsa.gov/Bicycles, Traffic Safety Facts: Bicyclists and Other Cyclists (2008 data)

Upcoming Safety Classes

08-31-2010
Back Safety 1:30pm - 3:30pm FL2 1002
9-9-2010
Fire Extinguisher 10:00am - 12:00pm FL2 1002
CPR Recertification 1:00pm - 5:00pm FL2 1002

Register @:
HR website: www.fin.ucar.edu/hr/staff_dev/index.html
or by calling Betty Singleton x2005.