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New Mexico Department  
of Transportation,  
Traffic Safety Bureau  
and Safer New Mexico Now  
**1-800-231-6145**

## BIKE SAFELY, FIRST RIDE, EVERY RIDE

Helmets should be used by bike riders of all ages. To fit your child's helmet follow these steps:

1. Place a snug fitting helmet on the child's head.
2. Adjust the helmet straps so that the helmet cannot be moved from side to side or back and forth.
3. There should be about one finger width between the chin strap and the child's chin.

For more information call the *Safer New Mexico Now* injury Prevention Resource Center at 1-800-231-6145 or visit our web site at [www.safernm.org](http://www.safernm.org)