

HEADS UP!!!

Follow these guidelines when selecting your riding helmet:

Always wear an **ASTM/SEI** certified riding **HELMET**

When the helmet is rocked backwards and forwards, eyebrows and skin on forehead should move with the helmet.

The back of the harness should be snug enough to keep the helmet from moving forward.

The side straps should meet just below and in front of your earlobes.

The throat strap should go under your chin, and should be snug, but not tight.

Helmet should be level and sit 3/4 to 1 inch above the eyebrows.

Helmet should be replaced after a direct impact from a fall.



No helmet can protect against every head injury. However, studies show a great reduction in both the number and the severity of injuries in those who use helmets every time they ride.



always wear
a helmet while
riding a horse
or motor bike.

