

# Make Sure Your Helmet Fits Right!

Follow the  
**2V1** Rule

**Wear a  
helmet on  
every ride!**

**2**

fingers  
above  
your  
eyebrows



straps form a

**V**

under  
your ears



**1**

finger  
between  
the strap  
and your chin



saskatchewan  
**preventioninstitute**  
our goal is **healthy** children  
[www.skprevention.ca](http://www.skprevention.ca)

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The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.