

# Bicycle Helmets Save Lives!

Bicycle helmets are must have gear when it is time to get on your bike. The Highway Traffic Safety Administrations calls helmets “the single most effective way to reduce head injuries and fatalities from bicycle crashes.” Make sure you and your loved ones “don’t leave home without one.”

Further information:

[Is a Helmet Worth It?](#)

[Fitting a bike helmet](#)

[Why get a MIPS \(Multi- directional Impact Protection\) helmet](#)

[Learn more](#)