

Follow the **2V1** RULE!

2 FINGERS BETWEEN
YOUR EYEBROW
AND THE HELMET



SIDE STRAPS
FORM A



AROUND
BOTH EARS



1 FINGER
FITS
BETWEEN
YOUR CHIN
& THE STRAP



NB Trauma Program
Programme de
traumatologie du NB

Remember your **HAND SIGNALS**



**LEFT
TURN**



**RIGHT
TURN**



**ALSO
MEANS
RIGHT TURN**



**SLOWING
DOWN
OR STOPPING**



**ALWAYS STAY ON THE RIGHT
SIDE OF THE ROAD FOLLOWING
THE SAME DIRECTION AS
TRAFFIC WHILE CYCLING**

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