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.

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

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 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.