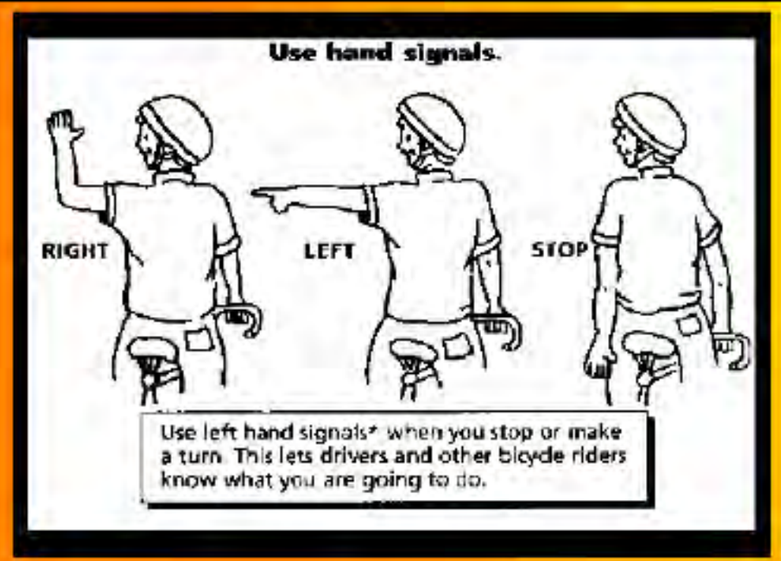Bicycle helmets can reduce head injuries by 85 percent. Select a helmet that fits snugly and sits flat on the head.