

# Protect Your Neck and Your Noggin

*U.S. Consumer Product Safety Commission*

## **[Verse 1]**

First things first Let me tell you what the issue is  
When you're in these streets Gotta stay vigilant  
Check the stats, there's been way too many injured heads  
From riding round without nothing on protecting them  
But we can do better  
I'mma put my helmet on then go zoom, yea yea  
Sitting flat up on my head real evenly  
Low on my forehead Yall ain't seeing me

## **[Pre-hook]**

When I fly by - Cruisin'  
I'mma wave hi then bye - Cruisin'  
Don't forget to strap it on tight - Who's in  
Let's skate, let's scooter, let's bike - Choosin'  
Choosing to do this thing right

## **[CHORUS]**

**When you're in these streets**  
**Take caution**  
**Protect your neck and your noggin**

## **[Verse 2]**

Ok let me flip scripts. Kick push, then I kick flip  
I can do this all wearing lipstick. I got on a sick fit  
Just one more accessory. Let me pick the helmet that will tie it all together please  
I ain't playing football. That ain't what I put on  
Right tool for the right job. Watch me cook yall  
When able, check the label. For CPSC  
They tell you if it's approved. It's that easy, let's bike  
Choosin' Choosing to do this thing right

## **[Bridge]**

Replace the helmet after any impact to the helmet  
Helmets are one-time use products and impacts can decrease their effectiveness  
You may not even see damage  
Cracks in the shell, worn straps, and missing pads or parts are also reasons to replace a helmet