

It's your head...use it!



Head injuries are the leading cause of serious injury and death to kids on wheels. Wearing a properly fitted, certified helmet can reduce the risk of serious head injury by 85 per cent. Children and youth (under 18) are required by law to wear a helmet when bicycling. Helmets must fit properly to protect your child in the event of a crash.

Remember the **2V1 Shake, Shake, Shake** rule:

- 2:** The helmet should cover the top of your child's head and sit 2 finger widths above their eyebrows (a helmet that is too big will not provide proper protection).
- V:** Adjust the side straps so they form a V-shape under their ears.
- I:** Only 1 finger should fit between your child's chin and the fastened straps.

Shake, Shake, Shake: Have your child shake their head up and down and side to side to make sure the helmet is snug.

To provide proper protection, helmets must have a safety standard label (e.g., CSA, CPSC, Snell B-95, N-94, ASTM 1447, F-1898). Remember to check regularly for cracks, dents, and broken or frayed straps. Be a good role model —always wear a helmet when you are cycling, boarding or blading.

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools

