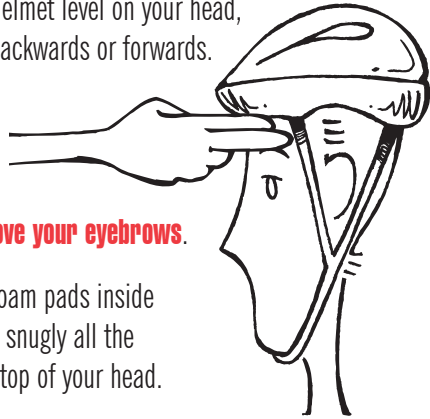


# Make sure your helmet fits!

REMEMBER THE: **2V1** Shake Shake Shake Rule!

# 2

- Place the helmet level on your head, not tilted backwards or forwards.
- The helmet should cover the top of your head and sit **2 finger widths above your eyebrows.**
- Add or re-position foam pads inside the helmet so it fits snugly all the way around and on top of your head.



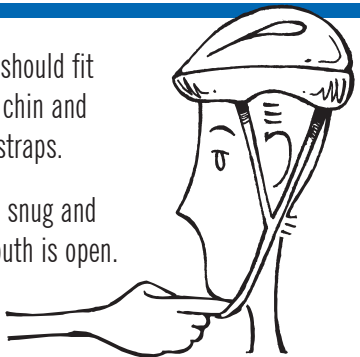
# V

- Adjust the side straps so that they form a **V-shape under your ears.**
- If the helmet falls forward, tighten the back straps.
- If the helmet falls backward, tighten the front straps.



# 1

- Only **1 finger** should fit between your chin and the fastened straps.
- The straps should feel snug and be tight when your mouth is open.

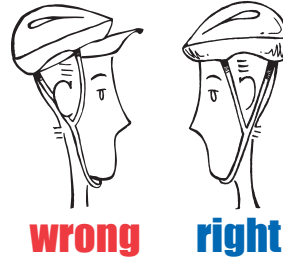


**Shake Shake Shake** your head up and down and side to side to make sure the helmet is snug!

# helmet tips:

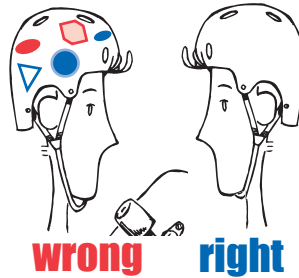
## Wear your helmet alone.

Never wear baseball hats, big hair clips, ponytails or bandannas under your helmet - they interfere with the fit of the helmet.



## Never wear your helmet on playground equipment.

The straps might get caught on the equipment which could cause strangulation.



## Avoid putting stickers on the shell of your helmet.

This could interfere with the helmet's ability to skid across the ground and absorb the impact of a crash.



## Choose a brightly coloured helmet.

Wearing a brightly coloured helmet helps other motorists to see you.

For more information contact:

**Health Connection**

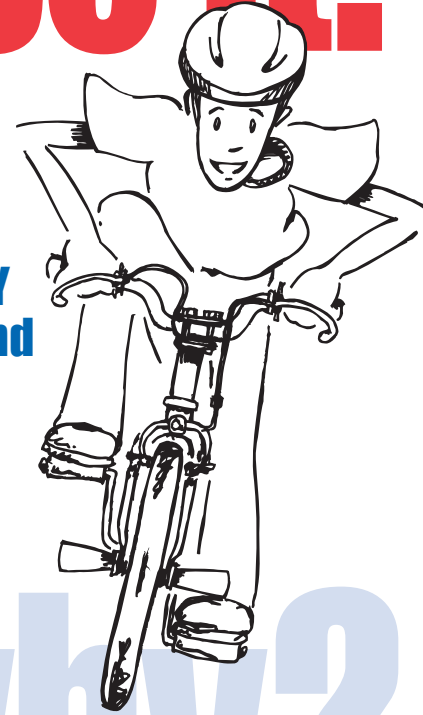
**1-800-361-5653**

**York Region**

This pamphlet was produced by York Region Health Services

# IT'S YOUR HEAD USE IT!

**WEAR A PROPERLY FITTED and ACTIVITY SPECIFIC HELMET**



# WHY?

Head injuries are the leading cause of serious injury and death to kids on wheels.

Wearing a certified helmet can reduce the risk of serious head injuries by 85%.

Children and youth (under 18) are required by law to wear a helmet when bicycling.

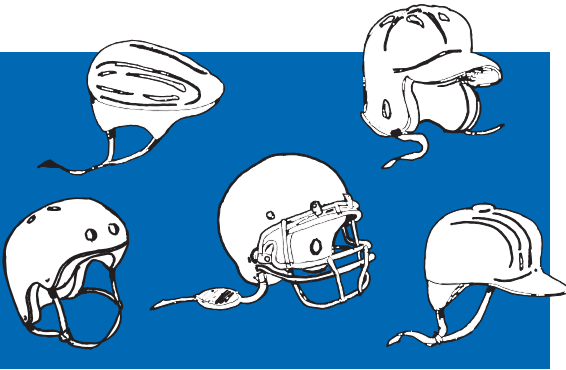
**York Region**

Many of us are often involved in more than one activity where a helmet is required or recommended and choosing the right helmet can be confusing! Ask yourself these 4 questions:

# 1 Does my helmet match the sport/activity I am wearing it for?

Different types of helmets have been designed to protect for different sports and activities. Ensure that you have proper protection by checking the manufacturer's instructions to make sure the helmet you are wearing is appropriate for the sport/activity you are participating in.

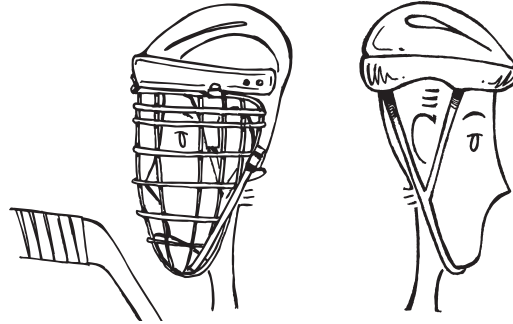
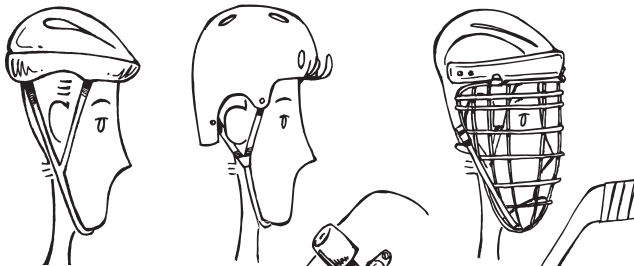
SPRING/SUMMER/FALL



WINTER ACTIVITIES



**Note:** Some helmets are marketed as 'multi-sport.' This means the helmet meets safety standards for more than one activity. These should be listed on the manufacturer's label.



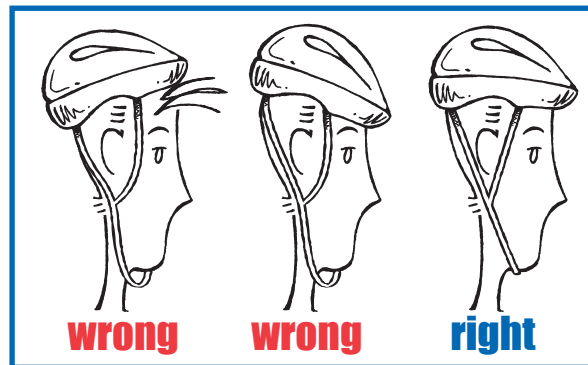
# 2 Does my helmet meet Safety Standards?

Look for one of the following standards labels on the inside or outside of your helmet: Canadian Standards Association (CSA), Snell, the American Society for Testing Materials (ASTM), the Consumer Product Safety Commission (CPSN), NOSCAE.

**Note:** Look for a CSA permanent yellow label when purchasing a bicycle helmet for children under 5 years.

# 3 Does my helmet fit?

A helmet's ability to protect your head is only as good as its fit. If it doesn't fit properly, it won't protect you in the event of a crash.



# 4 When should I replace my helmet?

## If it has been in a crash!

Some helmets, such as bicycle helmets, **must** be replaced after the **first time** they have received a **strong hit**. A **strong hit** can be the result of a crash, falling down the stairs, being dropped on the ground etc. Other helmets are designed to withstand more than one impact (multi-impact) before they need to be replaced. Check the manufacturer's instructions to see when you need to replace yours\*.

## If it appears to be damaged!

Even if your helmet hasn't received a **strong hit**, it needs to be replaced if you see:

- Cracks or dents on the outer shell or in the foam padding and/or
- Broken strap buckle or torn, frayed straps.

## If you've had it too many years!

Helmets lose their protective ability as plastics become brittle and pads wear down with time. Check the manufacturer's instructions for their recommended time to replace the helmet\*.

## If you've outgrown it!

It is important to replace or adjust children's helmets regularly as they grow. Never purchase a larger helmet with the thought that a child will grow into it. Helmets that are too large will not provide adequate protection!



\* If unable to locate instructions contact the manufacturer directly.