

Health Hints

Helmets and Wheeled Sports

Head injuries are the #1 cause of serious injury to kids. A helmet could save your child's life!

Get the right kind of helmet

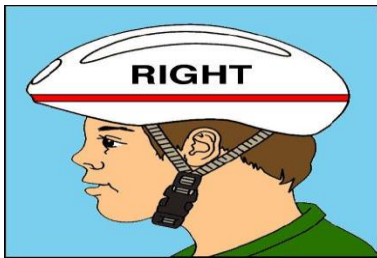
- ✓ Bike helmets can be used for cycling, inline skating and scooter riding. Skateboarding has its own kind of helmet.
- ✓ Make sure the helmet has a safety sticker. (CSA, CPSC, Snell or ASTM)

Make sure the helmet fits your child's head and is worn correctly every time

- ✓ Buy a helmet that fits your child, not one they will grow into.
- ✓ Remove baseball caps, big hair clips etc.
- ✓ Position the helmet correctly so that it covers the top of the forehead and rests about two fingers' width above the eyebrows. It should be level on the head.
- ✓ Adjust the helmet for a snug fit.

Make sure the straps are in the right place

- ✓ The side straps should fit around the child's ears in a V shape.
- ✓ The buckles on the side strap should fit right under the ear.
- ✓ Tighten the chin strap until you can fit just one finger between strap and the chin.



Check the helmet fit

- ✓ Ask your child to nod and shake his head. A correctly fitted helmet should not move around.

Be a role model and wear your helmet too.

For a helmet fitting video see: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

For more information on helmets see: <http://www.parachutecanada.org/injury-opics/item/helmet-faqs>



Interior Health
For your whole life

www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx