

CHECK YOUR BIKE HELMET!

Protective equipment is important for every sport. Bike helmets only protect you if they meet industry standards and are worn correctly.

Use the checklist below to ensure your helmet is safe and you are wearing it correctly.

Checking



Has CSA, ASTM, CPSC or SNELL label inside.

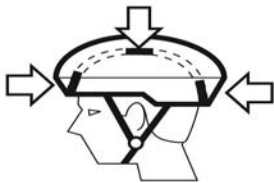


No cracks, dents or damage.



No paint or stickers.

Fitting



Pads touch head at front, back, sides and top.

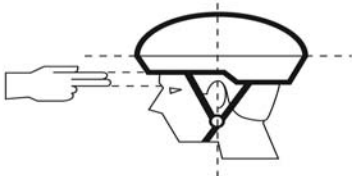


Not too big or loose.



Not too small or tight.

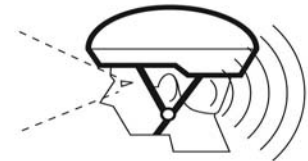
Wearing



Helmet sits level—about 2 fingers above eyebrows.



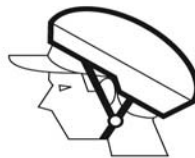
Chin strap is snug. Straps meet just below ears.



Vision and hearing are not blocked.



Do not wear on back of head.



No hats or kerchiefs.



No hair in way.



Hamilton

Public Health & Community Services Department
Healthy Lifestyles & Youth
Injury Prevention Program

