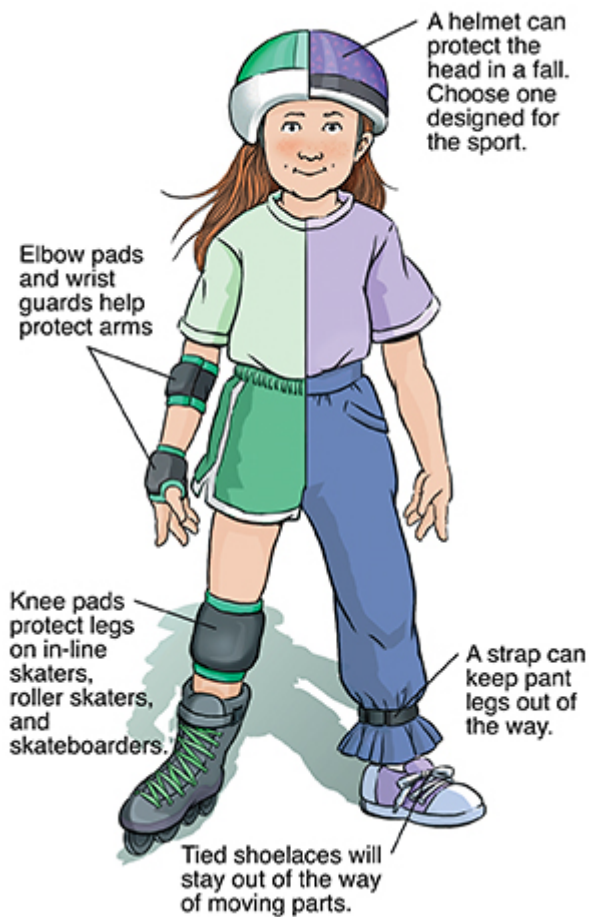
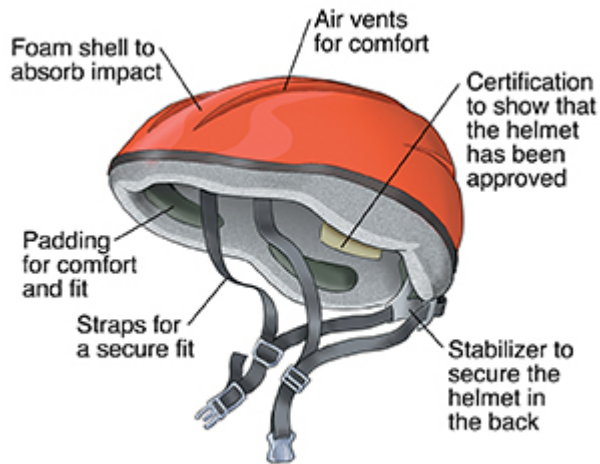


For Parents: Helmet Safety Checklist



The right helmet and other safety equipment can protect the head when biking, in-line skating, roller-skating, or skateboarding. But they only protect if worn correctly. Read the instructions for each piece of equipment with your child. The helmet needs to be made specifically for the activity. For instance, a bike helmet shouldn't be used for protection when riding horses or playing ice hockey.

Before you buy a helmet, check the label to make sure it meets safety standards for the sport. If your child has a fall, and the helmet receives a serious impact, don't use it again. The helmet needs to be returned to the manufacturer for a safety inspection, or destroyed and replaced.



Can you check off all of the following?

- ☐ I'm a good role model: I always wear a helmet made for the sport when it's needed.
- ☐ My child always wears a sport-specific helmet when needed, even if it's just in front of the house.
- ☐ My child's helmet fits securely, with the straps tight under the chin.
- ☐ I check my child's helmet often to make sure it's in good shape and fits well.

Does it fit?



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