

## STEPS TO ENSURE A SAFE HELMET FIT

NAME OF STUDENT: \_\_\_\_\_



**Colour in the boxes below that tell you how to make sure your helmet fits correctly to protect your head.**

Your helmet is snug on your head.

Your helmet has a CSA or another safety approved sticker.

You are wearing a hockey helmet.

Your helmet is loose so that you do not get a headache.

The straps lie flat, forming a "V" shape under each ear.

Your helmet is worn tipped back so your hair looks good.

Your snaps are loosely fastened.

You can fit one finger between the chin strap and your chin.

Your helmet sits 2 finger-widths above your eyebrows.

## ANSWERS TO STEPS TO ENSURE A SAFE HELMET FIT

Your helmet is snug on your head.

Your helmet has a CSA or another safety approved sticker.

The straps lie flat, forming a “V” shape under each ear.

You can fit one finger between the chin strap and your chin.

Your helmet sits 2 finger-widths above your eyebrows.

