

# facts on

## For More Information

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## How to Choose a Bicycle Helmet for Your Child

### Standards

Buy only cycling helmets that meet one of the following standards:

- ANSI
- ASTM
- CPSC
- CSA
- Snell

**Helmets certified only for cycling are not to be used for multiple impact activities such as ice skating.**

**Helmets certified for cycling are meant to protect only from one impact and then need to be replaced.**

### Type

Approved helmets come in three types:

- **Thin Shell**  
Has a thin layer of plastic over the foam liner and is lighter than a hard shell helmet.
- **Hard Shell**  
Has a thick hard covering over the foam liner and may prevent a sharp object from puncturing the helmet.
- **Multi-purpose**  
The standards for biking and in-line skating are identical, so a bike helmet can be used for both activities. Some helmets certified for multi-purpose use can be used for both bicycling and multiple impact activities such as skateboarding.



### When to replace a helmet

- When it has been involved in a crash.
- After the lining is cracked.
- After 3-5 years due to wear and tear.
- Replace the buckle if it cracks or if any piece of it comes off.

**Always wear an approved bicycle helmet.**



## The Proper Fit

### Fit

Let your child pick out the helmet. Your child will more likely to wear it. Have your child try on several helmets to get the best fit.

### To ensure a good fit:

- Wear the helmet squarely on top of your head.
- The front of your helmet should be 2 finger-widths above your eyebrows.
- Only one finger should fit between your chin and chin strap.
- When the chin strap is done up, you should not be able to take your helmet off your head.
- Your helmet should fit snugly on your head with little movement from side to side or front to back.

### To ensure helmet use:

- Start the helmet habit early. When your child begins to ride a tricycle, a helmet should be worn.
- As your child grows, the helmet can be adjusted for proper fit. Your child's helmet should be replaced within 3-5 years if it is not damaged.
- Do not wear other head gear such as ball caps, toques or barrettes under the helmet.
- Explain how a bicycle helmet can protect your child's brain.
- Encourage parents in your neighborhood to buy helmets for their children.
- Parents need protection too. Be a role model for your child. Wear a helmet!
- Make a rule – wear a helmet "EVERY RIDE, EVERY TIME."



*The front of your helmet should be 2 finger-widths above your eyebrows.*



*The straps should form a "Y" around the ear.*



*You should only be able to fit one finger between your chin and chin strap.*