

HELMET BASICS:

A helmet should be worn for all wheeled activities using skateboards, inline skates, scooters, and bicycles.

Helmets with face protection should be worn for contact sports like football and hockey.

Different helmets are required for different sports. Look carefully at the certification marks to be sure the helmet is certified for the sport(s) it will be used for.

A CSA or CPSC compliant bicycle helmet can be worn while bicycling, in-line or roller skating, and riding a non-powered scooter. Skateboarders will want to use ASTM F-1492 compliant helmets.

We recommend you go to the following website to find guidelines on which helmet should be used for which sport and to identify the various certifications for each type of sport helmet.

<http://www.cpsc.gov/CPSCPUB/PUBS/349.pdf>

Buying a used helmet is NOT recommended.

Even if there are no visible signs of damage, a helmet still may have absorbed all that it can.

Bicycle helmets are usually designed to protect only one severe impact, like a fall onto pavement. The EPS used to make them absorbs impact with very little rebound. Because the lining crushes on impact, it will not be able to protect against another fall, so it must be replaced.

Football and ice hockey helmets are usually designed to absorb the impact of multiple hits.

Visible signs of damage like a cracked shell or a dent in the liner indicate that a helmet is unlikely to protect its wearer against another hit.

Make sure the helmet fits properly. If it has a facemask or visor, make sure it fits the helmet model.

HELMET FITTING:

The helmet should fit snugly.

It should be worn level on the head.

The chinstraps should form a "V" directly under earlobe.

The straps should be tight enough to allow one finger between the straps and the chin.

Use the Eyes, Ears & Mouth Helmet Fit Test:

EYES: With helmet on your head when you look up, you should see the bottom of the rim of the helmet. The rim should be one or two finger widths above the eyebrows.

EARS: When buckled, straps should form a "V" under ears.

MOUTH: Open your mouth as wide as possible. The chinstrap should feel snug against the chin and the helmet secure on the head. Tighten if necessary to be sure the buckle lays flat against the skin.



Wear a
Helmet and...

Save Your
MELON!

Helmets Save
Lives!

"Be a Winner,
Always Wear a Helmet."

-- Jim Hopson,
President & CEO, Saskatchewan Roughrider Football Club,
Honorary Spokesperson for SBIA

Helmets reduce the risk of brain injuries because they absorb the energy of an impact, instead of the head, face or brain.

CONSIDER THESE FACTS:

- Over 90% of bicyclists killed in 2008 were not wearing a helmet.
- Deaths of those under 16 have decreased by 86% since 1975 due to increased helmet use, probably because helmet laws target youth.
- Over 60% of bicycle fatalities are the result of a brain injury.
- Concussions are brain injuries. Head injuries are usually brain injuries.
- Wearing a helmet when riding a bicycle can reduce the risk of brain injury by 88%.

**You only have one
brain, so protect it:
Wear a helmet!**



Saskatchewan
Brain Injury
Association

SBIA

Phone: 1-888-373-1555
Website: www.sbia.ca

