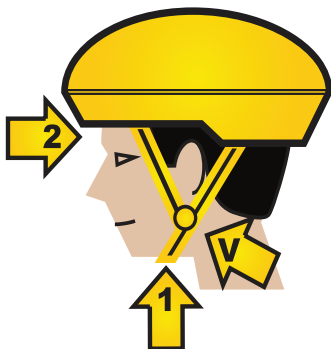


Protect Your Brain Put a lid on it!

88% of brain injuries can be prevented by wearing a properly fitted helmet.



2-V-1 Principle

- 2** Two fingers distance above the eyebrows
- V** Straps form a v-shape under the ears
- 1** One finger space between strap and chin

Fit your helmet every time you put it on!



 Not too big
or loose



 Not too small
or tight



 No hats or
bandanas















 No hair
in way

More tips:

<http://www.mcmasterchildrenshospital.ca/hhi>

Wheeled Activities

Choose the right helmet for the right activity.

Helmet Type	Activity	Single or Multiple impact
Bike Helmet 	 <input checked="" type="checkbox"/> Cycling	Single
Multi-Purpose Helmet 	 <input checked="" type="checkbox"/> Tricycling  <input checked="" type="checkbox"/> Cycling  <input checked="" type="checkbox"/> Rollerblading  <input checked="" type="checkbox"/> skateboarding  <input checked="" type="checkbox"/> scootering	Multiple/Single
BMX Helmet 	 <input checked="" type="checkbox"/> BMX Cycling  <input checked="" type="checkbox"/> Longboarding	Multiple
Check helmet for certification	<ul style="list-style-type: none"> • Ask your retailer • Read label on the inside (CSA, ASTM, CPSC or SNELL label inside) 	

Other Sports: <http://thinkfirst.ca/safetyinfo.aspx>

Replace helmet after serious impact, when you see damage or every 5 years.



**SEVEN
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Stay active! ... Stay safe!

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