

# HOW TO CHOOSE A BICYCLE HELMET FOR YOUR CHILD

## STANDARDS

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

- CSA
- ASTM
- CPSC
- Snell
- ANSI

Only use an approved helmet.

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**  
Have 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.

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

## 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.



Saskatchewan Institute on  
Prevention of Handicaps  
Our Goal is Healthy Children

## FIT

While you watch, have your retailer fit the helmet correctly on your child. The helmet must be snug and comfortable. Adjustable foam pads and a chin strap will ensure a good fit.

Have your child try on several different helmets before you purchase one. The best way to gauge comfort level and fit is through comparison. The helmet should fit comfortably all the way around the head and cover the top of the forehead.



Wrong!



Wrong!



Right!

Pay attention to the chin strap. Make sure that the chin strap fits around the ear and under the chin snugly and comfortably. The helmet should not shift on the head.

As your child grows, the helmet can be adjusted for proper fit. Your child's helmet can last for 3-5 years if it is not damaged.

Make sure your child does not wear other head gear such as ball caps, toques or barrettes under the helmet.



- Start the helmet habit early. When your child begins to ride a tricycle, a helmet should be worn.
- Explain how a bicycle helmet can protect your child's brain.
- Let your child pick out the helmet. He or she will be more likely to wear it.
- Encourage parents in your neighborhood to buy helmets for their children.
- Wear a helmet - parents need protection, too! Be a role model for your child.
- Make a rule - wear a helmet "EVERY RIDE, EVERY TIME."
- Never let your child ride a bike without wearing a helmet approved for cycling.

## NEED MORE INFORMATION?

Contact the Saskatchewan Institute on Prevention of Handicaps at (306) 655-2512 or check out the website at [www.PreventionInstitute.sk.ca](http://www.PreventionInstitute.sk.ca).

**ALWAYS WEAR AN APPROVED BICYCLE HELMET**