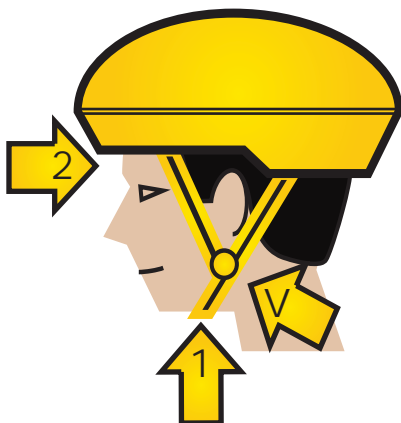


Protect Your Brain Put a lid on it!

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





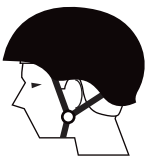







✗ No hair in way

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"/> 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	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.



Hamilton
Public Health Services

