

# Helmet Fit and Safety Tips



## **WEAR A HELMET!**

The best way to reduce injury from outdoor recreation is by wearing a helmet.

Children should always wear a helmet for all wheeled sports activities. A properly-fitted bike helmet is just as effective when riding a scooter, roller skating or inline skating. However, when skateboarding and long boarding — make sure your child wears a skateboarding helmet.

**MAKE IT A RULE:** Every time you and your child ride, wear a helmet. If your child is reluctant to wear a helmet, let them choose their own for fun.

## **HELMET FIT IS IMPORTANT**

Make sure the helmet fits and your child knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly.

## **TEST YOUR HELMET FIT: EYES, EARS AND MOUTH**

### **EYES check**

Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one-to-two finger-widths above the eyebrows.

### **EARS check**

Make sure the straps of the helmet form a “V” under your ears when buckled. The strap should be snug but comfortable.

### **MOUTH check**

Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.