



GOTTA BRAIN ... GETTA HELMET!

Have you checked your helmet lately? Your child's helmet? Use the checklist below to help you keep your helmet working and fitting properly.

Helmet Structure Checklist

- The structure of the helmet is acceptable**
 - Check the shell and liner of the helmet for cracks or dents
 - Ensure all fasteners and clips are working properly
 - Examine retention straps for wear, cuts or frayed edges
- The helmet meets proper safety standards**
 - Check the inside of the helmet for a sticker that displays CPSC, CSA, ANSI or Snell approval for cycling
- The helmet is less than five years old**
 - A helmet should be replaced every 3 to 5 years
- The helmet has not suffered a large impact**
 - Any helmet that has been worn during a crash, a fall, or has been hit hard should be inspected by a qualified retail outlet to ensure it is still in good condition and will properly protect your head

Helmet Fit Checklist

- Is level from front to back and sits 2 finger widths (approx. 3 cm) above the eyebrows
- Sits squarely on top of the head protecting the forehead and the base of the skull (back of the head)
- Fits snugly so it does not slide around on the head
- Can only be removed by undoing the retention straps