

Have you checked your child's helmet lately?

The following checklists are provided to help you keep your helmets 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 3-5 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. 3cm) 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.

For more information on bicycle safety contact the Traffic Safety Initiative at (780) 422-8839 (for toll free service outside of Edmonton dial 310-0000) or visit www.saferoads.com.

