

Helmet safety tips for the Spring!

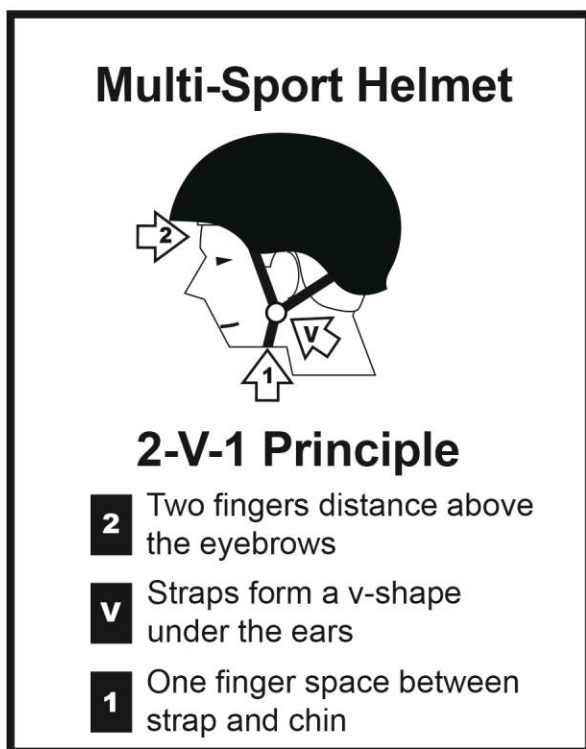
Spring time means outdoor time for using tricycles, bicycles, skateboards, scooters and in-line skates. Here are some helmet tips to keep you and your family safe.













❖ Wear the Right Helmet for the Right Activity

- Use the following table to help you choose the right helmet.

❖ Helmet Fit

- Ensure helmet fit using the 2V1 rule every time you ride.



Helmet type	Activity	Single or multiple impact
 Bike Helmet	 Cycling	Single
 Multi-Sport Helmet	 Tricycling  Cycling  Rollerblading  Skateboarding  Scootering	Multiple/Single
 BMX Helmet	 BMX Cycling  Longboarding	Multiple
Check helmet for certification	<ul style="list-style-type: none"> • Ask your retailer • Read label on the inside (ASTM, CPSC or SNELL label inside) 	

❖ Inspect Helmets

- Look for signs of damage to liner, shell or straps.
- Replace helmets that are dented, cracked, or expired.
Note: Bike helmets only good for 1 crash.

❖ Helmet Care

- To clean dirty helmets, use only a soft cloth and soapy water.

❖ Helmet Storage

- Store in a cool, dry place. Too much heat or cold can damage helmets.

Stay safe and make helmets a habit in your family!