



# Bicycle Helmets

## Protect Your Head!

In many provinces, children under the age of 18 **MUST** wear a bicycle helmet – it is the law. Bicycle helmets help to protect the rider from head injury in the event of a fall or collision.

If a helmet is damaged in any way, due to a fall for example, it should be immediately replaced even if the damage is not visible, as it may still be structurally damaged. It is not recommended that you resell (or purchase second-hand) bicycle helmets, as they are designed to protect the head against a **single** impact.

Here are a few tips to make sure your bicycle helmet fits:

- Take the time to choose a helmet that is the **correct size**. If possible, go to a bike store and have the staff help you find a helmet and adjust the straps and the pads inside.
- The helmet should sit squarely and **snugly** on the top of your head and be **level** (see diagram below).
- The **straps** should form a “Y” under each ear and fasten **snugly** under your chin.

Proof that a helmet meets safety standards will be indicated by a sticker on the inside from one or more of the following organizations:

- CSA (Canadian Standards Association)
- Snell
- CPSC (Consumer Product Safety Commission)
- ASTM (American Society for Testing and Materials)

