# Use Your Head... Wear a Helmet!



Hôpital de Montréal pour enfants

> Centre universitaire de santé McGill

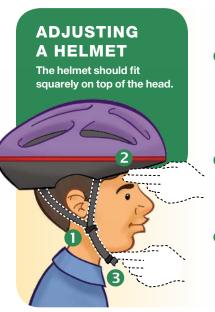


Montreal Children's Hospital McGill University

Health Centre

TRAUMATOLOGIE **TRAUMA** 

# A helmet is cool... a brain injury is not!



- Adjust the slider on the side straps to form a "V" under the ears and slightly in front of the earlobes. Ensure that all straps are well aligned and not twisted.
- The distance between the eyebrow and the edge of the helmet should not exceed the width of 1 or 2 fingers.
- The chinstrap should be attached tightly and adjusted to allow for only 1 finger's width between the chin and the strap.





- Helmets should meet approved safety standards such as those of the Canadian Standards Association (CSA), Snell, the Consumer Product Safety Commission (CPSC) or the American Society for Testing and Materials (ASTM).
- Replace the helmet if it is more than 5 years old.
- Never use a helmet that has been involved in a collision or if you don't know its history (e.g. garage sale).







Make sure you wear an appropriate, well maintained and well fitting helmet. The helmet should meet approved safety standards while doing sports and recreational activities, such as:

- **VTA**
- Cycling
- Football
- Hockey
- In-line skating
- Long boarding

- Ringette
- Scootering
- Skateboarding
- Skating
- Skidooing
- Skiing
- Snowboarding
- Tobogganing

## TRAUMA CENTRE

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