

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!

ADJUSTING A HELMET

The helmet should fit squarely on top of the head.



- 1 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.
- 2 The distance between the eyebrow and the edge of the helmet should not exceed the width of 1 or 2 fingers.
- 3 The chinstrap should be attached tightly and adjusted to allow for only 1 finger's width between the chin and the strap.

WATCH OUT !



- 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).



NOTE TO PARENTS AND CAREGIVERS:



Wearing protective equipment is important for adults too and sets a great example for children and teens!



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:

- ATV
- Cycling
- Football
- Hockey
- In-line skating
- Long boarding
- Ringette
- Scootering
- Skateboarding
- Skating
- Skidooring
- Skiing
- Snowboarding
- Tobogganing

TRAUMA CENTRE

Montreal Children's Hospital

1001 Decarie Boulevard, Montreal, Quebec H4A 3J1
Tel.: 514-412-4400, extension 23310
www.thechildren.com/trauma

Join us on our social networks:

facebook.com/lechildren
twitter.com/hopitalchildren
youtube.com/thechildrens

