

CHOOSING A HELMET



MADE
~ TO *move*

CHOOSING A HELMET

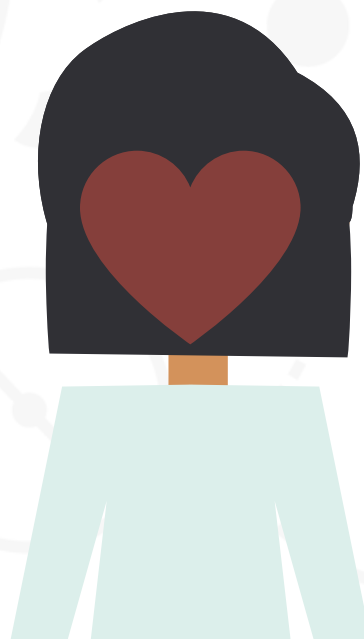
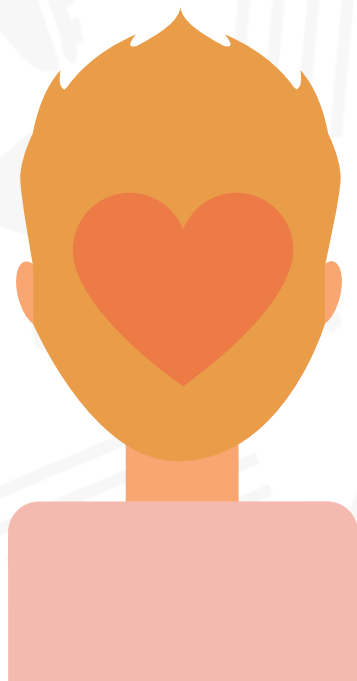
Check if your helmet is
single use or multi use



Single use = designed for 1 activity/sport
Multi use = designed for 2+ activities/sports

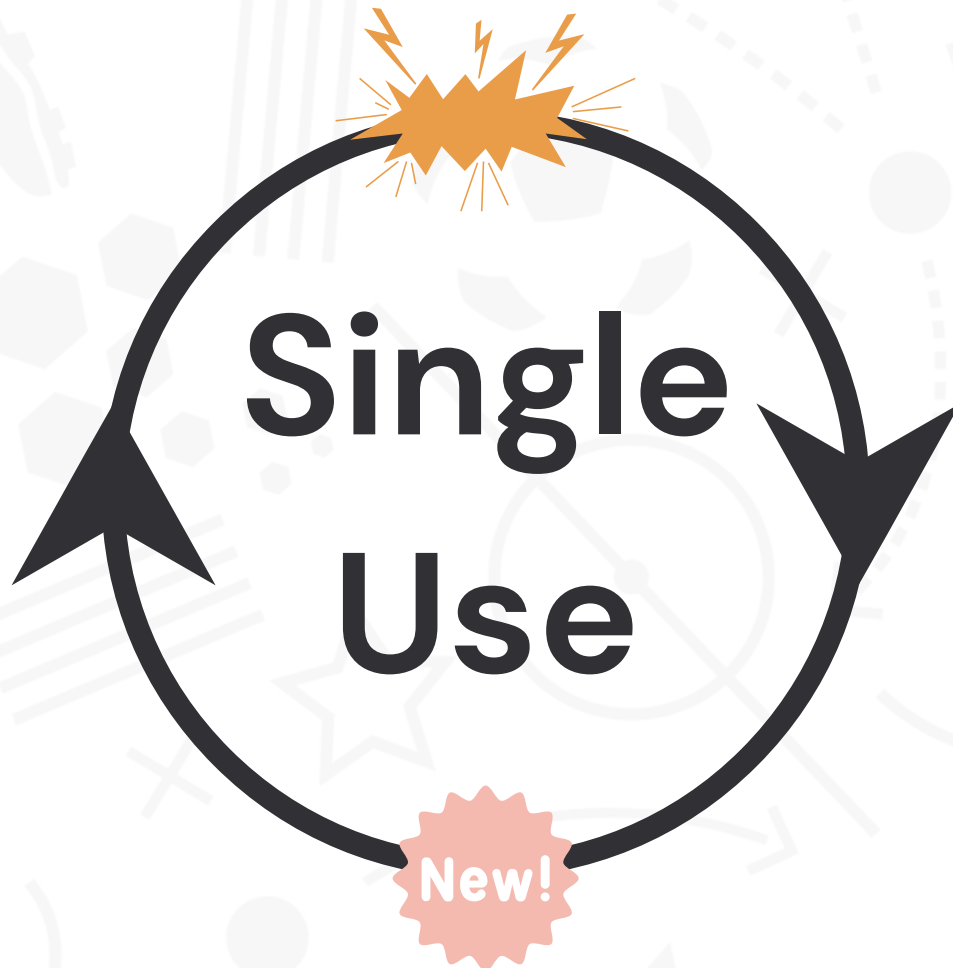
CHOOSING A HELMET

For winter activities,
make sure the back
of your head is protected



CHOOSING A HELMET

Replace single impact helmets
after every impact
(typically biking, skiing, snowboarding)
or when specified by the manufacturer



CHOOSING A HELMET

Inspect multi impact helmets regularly
and replace when damaged, out grown,
or every 5 years
(whatever comes sooner).



CHOOSING A HELMET

Be mindful when buying used helmets as plastic can become brittle over time and often age and impact history of helmets are not available.



CHOOSING A HELMET

Look for Safety Standards

Canadian
Standards
Association

Consumer
Products
Safety
Commission

CHOOSING A HELMET

Make sure your helmet fits properly



Touches head
all the way around



Snug enough to stay in place



Sits low enough to
protect sides of head