



**A HELMET COULD SAVE A CHILD'S LIFE!**

**Be sure they wear a helmet  
everytime they ride!**

**Bike helmets are the law under the age of 18**

**Helmets can prevent up  
to 85% of head injuries**

**REPLACE YOUR HELMET IF...**

- You are in a crash
- You drop it hard on the ground
- The straps loosen when you are wearing it
- It has a crack in it
- The foam inside is falling apart
- It is 5 years old - even if it looks fine
- **Stickers can cover cracks and weaken the plastic shell so keep them off.**
- **A high ponytail, headphones, hat or ball cap should not be worn under your helmet.**

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**HEALTH UNIT**  
[www.healthunit.com](http://www.healthunit.com)

**Be Safe – Be Seen**



**A sticker inside the helmet from CSA, CPSC, SNELL, ASTM –  
tells you the helmet meets safety standards which are  
recognized in Canada. Buy a helmet that is bright  
coloured and reflective.**



**Helmets are for  
Adults too!**

*Become a role model.  
Wear your helmet when  
you ride a bike too!*

**NEED MORE INFORMATION?**

[www.mto.gov.on.ca/english/pubs/  
cycling-guide/index.shtml](http://www.mto.gov.on.ca/english/pubs/cycling-guide/index.shtml)

[www.safekidscanada.ca](http://www.safekidscanada.ca)

[www.thinkfirst.ca](http://www.thinkfirst.ca)

# Wear it right

KNOW YOUR HELMET SALUTE



Two fingers above your eye-brow to the bottom of your helmet.



Four fingers to make a V-shape around the bottom of your ears.



One finger under the strap beneath your chin.

# everytime!



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