



Gotta  
**Brain**

Gotta **HELMET**





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## Helmets

People often have questions about which helmets are needed for which activities. This booklet will help you choose and use a helmet properly.

### Why are helmets so important?

#### *A helmet ...*

- is made to absorb the force of a crash or fall and spread the impact over the entire helmet.
- can reduce the risk of a serious brain injury. A brain injury can permanently change the way you move, think, talk, taste, see, hear, feel, work, and play. A serious brain injury can last a lifetime.
- can help protect your head from injuries like skull fractures, cuts, and bruises.

Be a positive role model for others and wear a properly fitted helmet. In addition to wearing a helmet, you must ride responsibly, follow the rules of the road or hill, and remain in control. Helmets cannot protect you from other types of injuries.

**You only have one brain - protect it!**



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## Safety Tips

A helmet should be replaced when:

- it is cracked or broken or has been involved in a crash
- it does not meet current safety standards
- it does not fit
- it is more than **five** years old (a helmet will become brittle over time)
- the strap, adjuster, or fastener do not work correctly

### *Do not:*

- put stickers on or paint a helmet (can weaken the helmet and can hide damage on a helmet)
- store a helmet in a location that is very hot or very cold
- sit on or throw a helmet
- buy a second-hand helmet (cannot be sure that it is not damaged)
- wear a helmet on playground equipment (the helmet and straps are a strangulation hazard)

### *Always:*

- look for the safety standard label on the helmet before buying
- read the instructions to know which activities the helmet is made for
- try on the helmet and check the fit before buying
- check the helmet fit every time the helmet is put on and adjust for a proper fit





**Wear a helmet on every ride!**

Choose a bicycle helmet that has one of the following labels: CPSC, CSA, ANSI, or Snell.

## Which helmet is the right helmet?

There are different types of helmets for different activities. Some helmets are made to protect against one hard fall (single impact), while others are made to protect against multiple impacts.

The following sections provide more specific information about each helmet type. For sport-specific activities not included in this booklet (e.g., football, baseball, softball, horseback riding), talk to your coach or sports organization about the regulations for the appropriate helmet.

Remember, single impact helmets are made to protect your head against only one crash or impact.

<b>Impact Type</b>	<b>Type of Helmet</b>
<b><i>Single impact</i></b>	<ul style="list-style-type: none"><li>• bicycle</li><li>• ATV, motorcycle, dirt bike, mini-bike, motocross, snowmobile</li></ul>
<b><i>Multiple impact</i></b>	<ul style="list-style-type: none"><li>• skateboard</li><li>• ski and snowboard</li><li>• hockey</li></ul>



BICYCLE  
HELMETS





## Bicycle Helmets

Bicycle helmets can be worn for cycling, in-line skating, roller blading, and scootering. Bicycle helmets should not be worn for trick riding, BMX cycling, or downhill mountain bike riding. Make sure the helmet you choose is appropriate for the activity you are doing (*read the instructions for the helmet*).

Use the 2V1 Rule to make sure your helmet fits.



**2**

The front of the helmet should be 2 fingers above the eyebrows.



**V**

The side straps should form a "V" around the ear.



**1**

Only one finger-width between the chin and the chin strap.

A bicycle helmet should fit squarely on top of the head with little movement in any direction when the chin strap is done up. To get the best fit, tie long hair back below the bicycle helmet and don't wear a hat, winter toque, hairclip, or headphones underneath.

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## Skateboard Helmets

A skateboard helmet should not be used for cycling or in-line skating unless these activities are listed in the instructions.

Choose a certified helmet that has a CSA or CPSC label.

A skateboard helmet should sit snug on the head and should cover more of the back of the head than a bicycle helmet. Use the 2V1 Rule (*see section on Bicycle Helmets*) to get a good fit.

**A skateboard helmet should have very little movement when the chin strap is done up.**

SKI / SNOWBOARD HELMETS





## Ski and Snowboard Helmets

A ski or snowboard helmet is made for downhill skiing and/or snowboarding.

Choose a helmet that has one of the following labels: CEN 1077, ASTM F-2040, or Snell RS-98.

Choose a helmet that can be adjusted and has side vents to allow for hearing. Take time to make sure the helmet is not loose. Use the 2V1 Rule (*see section on Bicycle Helmets*) to get a good fit. The back of the helmet should not touch the nape of the neck. Every time a ski or snowboard helmet is put on, look for cracks or other damage. Follow the manufacturer's instructions for wearing items (toque, face/neck warmer) underneath the helmet. Using an insulated helmet is preferred to wearing anything underneath a helmet.

### Did you know?

Helmets used for skiing and snowboarding can reduce your risk of a brain injury by up to 60%.

**Heads up ... stay safe on the hill!**

HOCKEY  
HELMETS





## Hockey Helmets

In addition to being used when playing hockey, a hockey helmet is a good choice for ice skating and tobogganing (sledding).

Choose a hockey helmet that has a CSA label.

A hockey helmet should fit snugly and have a face protector. The helmet should rest on the head so that the rim is one finger width above the eyebrow, and the inside of the helmet should touch the top of the head. The chin strap should always be done up with room for only one finger width between the chin and the strap. The chin cup of the cage (face protector) should fit snugly to the chin.

### Did you know?

A hockey helmet should be replaced when there is damage or if there was a severe hit to the helmet from the ice, boards, glass, or an opponent.

**There are no expiration guidelines for hockey helmets in Canada.**

MOTORIZED SAFETY HELMETS



**Ride smart, stay safe!**



## Motorized Vehicle Safety Helmets

When choosing a helmet for riding an ATV, motorcycle, dirt bike, mini-bike, motocross bike, or snowmobile, make sure it's approved and has one of the following labels: ANSI, BSI, CSA, DOT, ECE, FMVSS.218, or SNELL. Choose a model with a full-face shield (*if there is no shield, goggles must be worn*). Every passenger on a motorized vehicle should wear an approved helmet.

The **off-road vehicle safety helmet** should fit snugly but not hurt or pinch (your cheeks may be slightly squeezed). If the pressure is right, you shouldn't be able to chew gum when the helmet is on and all the straps are done up correctly (*check the instruction booklet*).

A **motorcycle helmet** should have a well-made chin strap with solid snaps. The helmet should weigh about three pounds, depending on design. Unsafe helmets or novelty helmets weigh one pound or less and will not be certified.

A **snowmobile helmet** is made to protect both the head and face in a crash or fall, from tree branches while riding, from the cold, and from loud noise. Always refer to the manufacturer's instructions before wearing a ski mask or balaclava under the snowmobile helmet.

### Did you know?

The DOT symbol on an ATV or snowmobile helmet needs to appear on the outer surface of the helmet, in a colour that contrasts with the colour of the helmet.

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Health Canada recommends choosing a helmet that has a label indicating compliance with **one** of the following standards:

<b>ANSI</b>	American National Standards Institute
<b>ASTM</b>	American Society for Testing and Materials
<b>BSI</b>	British Standards Institution
<b>CEN</b>	Central European Norm
<b>CPSC</b>	U.S. Consumer Product Safety Commission
<b>CSA</b>	Canadian Standards Association
<b>DOT</b>	Department of Transportation
<b>ECE</b>	United Nations Economic Commission for Europe (ECE) Regulation No. 22
<b>FMVSS 218</b>	Federal Motor Vehicle Safety Standard No. 218
<b>Snell</b>	Snell Memorial Foundation 2005, 2010, or 2015 Standard for Protective Headgear for Use with Motorcycles and Other Motorized Vehicles

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