

# Winter Sport Helmets

**A properly fitted helmet can greatly reduce the risk of head injury.**



## A ski or snowboard helmet should:

- Fit snug but comfortably. Pads should touch the cheeks and forehead.
- Sit 2 fingers above the eyebrows.
- Allow no more than 1 finger width under the chin strap.
- Not touch the nape of the neck.



## To fit a hockey helmet:

- Open the helmet to its largest setting.
- Place the helmet on the head. Downsize the helmet until it fits comfortably snug.
- Follow helmet manufacturer guidelines for proper fitting of face protectors.

## The helmet should:

- Make contact with the top of the head and sit 1 finger width above the eyebrow.
- Allow no more than 1 finger width under the chin strap.










**Fit your helmet every time you put it on!**

**More tips:**

<http://www.mcmasterchildrenshospital.ca/hhi>

# Winter Activities

Choose the right helmet for the right activity.

Helmet Type	Activity	Impact
	  <input checked="" type="checkbox"/> Hockey <input checked="" type="checkbox"/> Ringette	Multiple
	  <input checked="" type="checkbox"/> Ice Skating <input checked="" type="checkbox"/> Sledding	
	  <input checked="" type="checkbox"/> Skiing or Snowboarding	Mostly single  Only CSA is multiple impact
Check helmet for certification	<ul style="list-style-type: none"> <li>• Ask your retailer</li> <li>• Look for the CSA, ASTM, or SNELL label on the inside</li> </ul> 	

Replace helmet after serious impact, when you see damage or every 5 years.

Love your brain. Put a lid on it!