

Check Your Helmet

Use the checklist below to ensure your helmet is safe and you are wearing it correctly.
Fit your helmet every time you put it on.

Checking



Has CSA, ASTM, CPSC or SNELL label inside



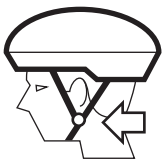
No cracks, dents or damage



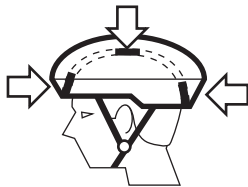
No paint or stickers

Types

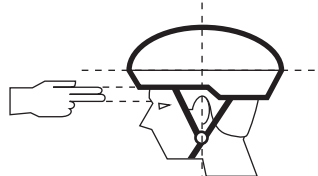
Fitting



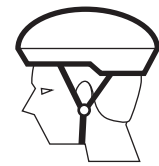
Bicycle Helmet



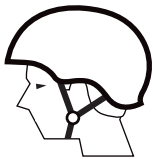
All pads touch
Halo is snug



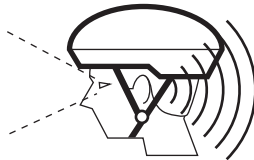
Helmet sits level -
2 fingers above
eyebrows



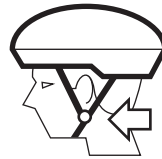
Not too small
or tight



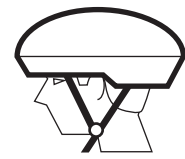
Multi-Purpose
Helmet



Vision and hearing
are not blocked



Straps form a
v shape under ears -
1 finger between
strap and chin

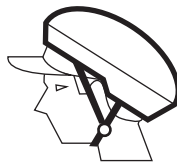


Not too big
or loose

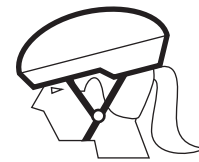
Wearing



Do not wear on
back of head



No hats or
bandanas



No hair
in way



Hamilton
Public Health Services