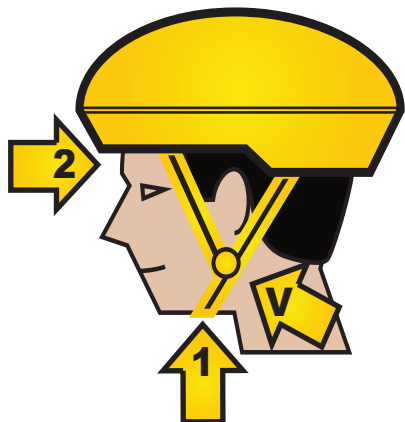


Protect Your Brain. Put a lid on it!

88% of brain injuries can be prevented by wearing a properly fitted helmet.



2-V-1 Principle

- 2** Two fingers distance above the eyebrows
- V** Straps form a v-shape under the ears
- 1** One finger space between strap and chin

Fit your helmet every time you put it on!



✗ Not too big or loose



✗ Not too small or tight



✗ No hats or bandanas



✗ No hair in way

More tips:

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

Wheeled Activities

Choose the right helmet for the right activity.

Helmet Type	Activity	Single or Multiple impact
 Bike Helmet	 ✓ Cycling	Single
 Multi-Purpose Helmet	 ✓ Tricycling ✓ Cycling ✓ Rollerblading ✓ skateboarding ✓ scootering	Multiple/Single
 BMX Helmet	 ✓ BMX Cycling ✓ Longboarding	Multiple
Check helmet for certification	<ul style="list-style-type: none"> • Ask your retailer • Read label on the inside (CSA, ASTM, CPSC or SNELL label inside) 	 Certified