

Helmet Safety

What a helmet does:

- Absorbs the blow and minimizes violent movement of the brain within the skull.
- Distributes the blow over a larger area, reducing the chance of skull fractures.
- Absorbs the type of impact that may be encountered in a cycling crash or fall. Other types of helmets are not designed for that purpose.
- Get the right fit, snug but not too tight. You should **not** be able to fit your fingers up between the head and the helmet. The top edge of the helmet should be two finger widths from the eyebrow
- Choose lighter helmets for small children. They have weaker neck muscles.
- Always buckle the straps. A helmet that is not buckled is useless!



Tips for parents:

- Follow a “no helmet; no bike” policy.
- Use rewards and praise.
- Emphasize the danger of brain injuries; they can’t be fixed like broken arms.
- Note that many athletes wear helmets — hockey players, football players, and many local, elite, and Olympic cyclists.
- Replace old helmets. They have a five-year life span, due to foam deterioration.
- Helmets should be replaced after one impact.
- Emphasize proper positioning.
- Set an example! Wear your helmet.