



Just being smart...

- The manufacturer's instructions provide detailed information about the use and care of helmets.
- Bike helmets protect riders of all ages and they are required by law for all Albertans under the age of 18. The law applies to both riders and passengers, including children in bicycle trailers.
- Positive role modeling helps to ensure that children will wear their helmets so adults should always wear theirs too.
- Adults, youth and children who choose their own bike helmet are more likely to wear it every time.
- Second-hand helmets are not recommended.



For more information contact
Health Link Alberta:
In Calgary area at **403-943-LINK (5465)**
In Edmonton area at **780-408-LINK (5465)**
Toll-free in Alberta **1-866-408-LINK (5465)**
or visit www.myhealth.alberta.ca

Take the
bike helmet

YES
test

how to properly fit a bike helmet



Wearing a bike helmet every time you ride your bike can save your life and reduce the likelihood of a head injury by as much as 85%.

A properly fitted helmet provides the best protection for your head.

Inside is a checklist to help you buy and fit a bike helmet.



Buying a Helmet

Before buying my helmet:

-  I measure around my head at eyebrow level to know what size of helmet to look for.
-  I decide which type of helmet I need:
 -  A bike helmet, since I will just use it for biking.
 -  A multi-sport helmet approved for cycling, since I want a helmet I can use for biking and other activities, such as skateboarding or inline-skating.
-  I try on different brands of helmets to find the best fit.
-  I check that the helmet is safety approved for cycling.

Fitting a Helmet

-  I make sure the helmet is level from front to back when I put it on.
-  I check that the front edge of the helmet sits 1-2 finger widths above my eyebrows.
-  I add or remove sizing pads or adjust the ring fit system to make the helmet fit snugly.



-  I adjust the straps to form a "V" just below and in front of my earlobes.
-  I do up the chinstrap.
-  I adjust the chinstrap so that I can only fit the width of 1 finger between my chin and the chinstrap.
-  I fit the helmet tighter if it moves when I nod or shake my head.

Using a Helmet

-  I wear my bike helmet every time I ride a bike.
-  I don't wear a hat or cap between my helmet and my head.
-  I treat my helmet carefully by not dropping it and storing it in the house.

Replacing a Helmet

-  I replace my helmet every five years.
-  I replace my helmet if it has been in a crash.



Wear a helmet for every ride. Age makes no difference - HELMETS save lives!