



MAKE SAFE HAPPEN<sup>SM</sup>

# BIKE HELMETS

## PICKING A HELMET:

- When riding, scooting or skating, always make sure your children wear a helmet, even if they are the passengers in a trailer bike or bike seat.
- Make sure your child's helmet meets the U.S. Consumer Product Safety Commission's (CPSC) standards. Look for the CPSC certified label on the box.
- Let children choose their own helmets. They will be more likely to wear them every time they ride. Encourage them to pick brightly-colored helmets, so that drivers can see them.
- Is your child wearing the right size helmet? If the helmet rocks forward, backward or side-to-side, it is not the right size.
- If your child is between 2 sizes, pick the bigger one. Most helmets come with extra pads to help you get a good fit.
- Replace any helmet that is damaged or has been involved in a crash (as it can be less protective).

## GETTING THE RIGHT FIT:

- Make sure the helmet is on correctly by following these steps:
  - EYES:  
Have the child look up while wearing the helmet. S/he should be able to see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.
  - EARS:  
Make sure the straps of the helmet form the letter "V" under your child's ears when the straps are buckled. The strap should be snug but comfortable.
  - MOUTH:  
Have your child open his/her mouth wide. The helmet should hug the head. If not, you need to tighten the straps, and make sure the buckle is flat against the skin.
- Since the straps of a helmet can get caught on things, be sure to teach your children to remove their helmets before using playground equipment, to avoid risk of strangulation.

## DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



CONTENT DEVELOPED IN ASSOCIATION WITH:

