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: