

Type of Helmet	Activities	Safety Standard
Bicycle	<ul style="list-style-type: none"> • Bicycling** • In-line skating • Roller skating • Scootering • Tobogganing 	CSA, CPSC, Snell B-95, or Snell N-94
In-line Skating	<ul style="list-style-type: none"> • In-line skating 	CSA, CPSC, ASTM F1447, or Snell N-94
Skateboard	<ul style="list-style-type: none"> • Skateboarding • Aggressive or Trick In-line Skating 	ASTM F-1492, CPSC, or Snell N-94
Ski	<ul style="list-style-type: none"> • Skiing • Snowboarding • Tobogganing 	Snell RS-98, Snell S-98, or ASTM F-2040
Snowboard	<ul style="list-style-type: none"> • Snowboarding 	Snell RS-98, Snell S-98, or ASTM F-2040
Hockey	<ul style="list-style-type: none"> • Hockey • Ice skating • Tobogganing 	CSA
Downhill Mountain Bike	<ul style="list-style-type: none"> • Downhill Mountain Bike Racing 	CPSC or ASTM
BMX	<ul style="list-style-type: none"> • BMX Cycling 	CPSC or ASTM
Equestrian	<ul style="list-style-type: none"> • Horseback Riding 	ASTM/SEI or Snell
Mountaineering	<ul style="list-style-type: none"> • Rock & Wall-Climbing 	Snell or EN
Football	<ul style="list-style-type: none"> • Football 	NOCSAE or ASTM
Lacrosse	<ul style="list-style-type: none"> • Lacrosse 	NOCSAE
Baseball Batter's	<ul style="list-style-type: none"> • Baseball • Softball • T-ball 	NOCSAE
Baseball Catcher's	<ul style="list-style-type: none"> • Baseball • Softball • T-ball 	NOCSAE
Motorcycle	<ul style="list-style-type: none"> • Motorcycling* • ATV riding* • Snowmobiling* • Dirt Biking* • Motocross Racing* 	CSA, DOT, ANSI, or Snell

* Ontario law requires riders to wear helmets for these activities

** Ontario law states that anyone under 18 must wear an approved bicycle helmet when bicycling

Check the helmet's labels and packaging to see if it is meant to handle a **single** impact, like bicycle helmets, **multiple** impacts, like hockey helmets, or if it is a **multi-use** helmet and can be used for more than one sport.

This information was compiled from CSA, Health Canada, and various international safety standard associations, and is the best available at this time.

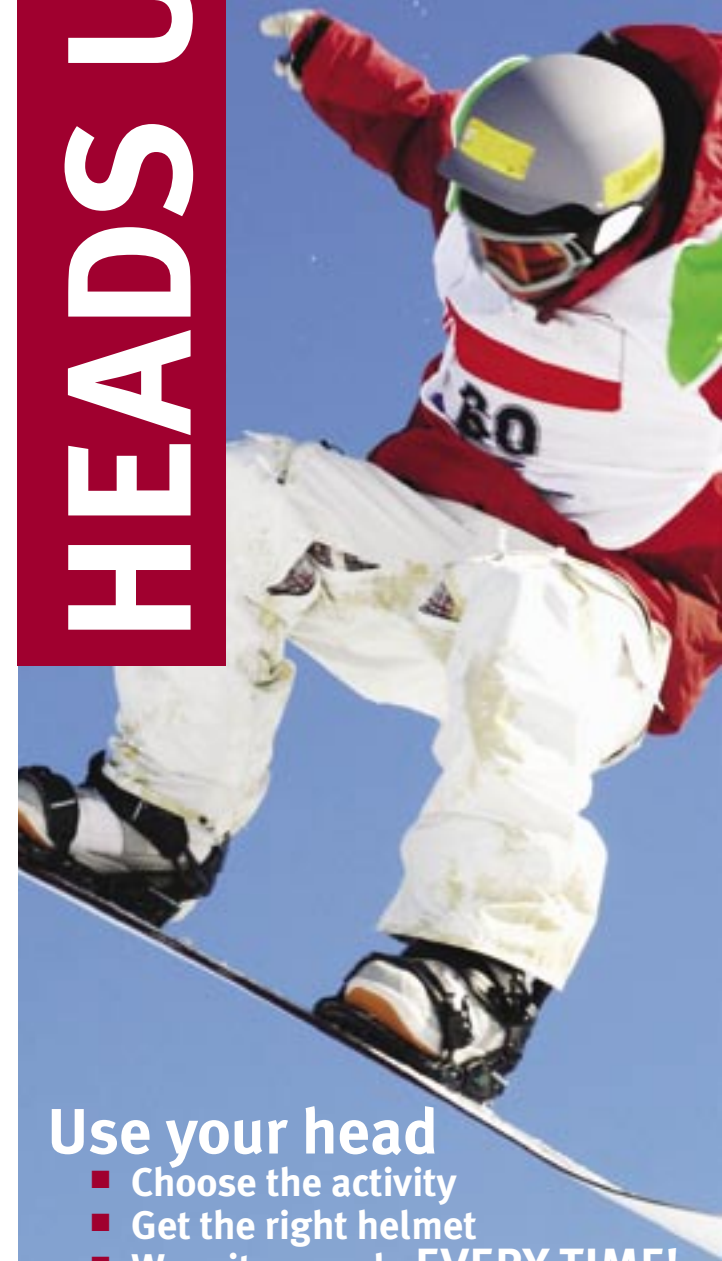
ANSI (American National Standards Institute), ASTM (American Society for Testing and Materials International), CPSC (U.S. Consumer Product Safety Commission), CSA (Canadian Standards Association), DOT (U.S. Department of Transportation), EN (European Committee for Standardization), NOCSAE (National Operating Committee on Standards in Athletic Equipment), SEI (Safety Equipment Institute), Snell (Snell Memorial Foundation)

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PREVENTABLE.
Injuries are no accident.

HKPR Haliburton, Kawartha, Pine Ridge District
Health Unit

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HEADS UP on Helmets



Use your head

- Choose the activity
- Get the right helmet
- Wear it properly **EVERY TIME!**

HKPR Haliburton, Kawartha, Pine Ridge District
Health Unit



Be a role model – children who see adults and friends wearing helmets are more likely to wear their own



Do I have to wear a helmet?

- Yes, if you're cycling in Ontario and under 18 years of age.
- Yes, if you're riding motorized vehicles like ATVs, dirt bikes, or motorcycles, regardless of age.
- Some organized sports, like hockey, will also require helmets to participate, and helmets are strongly recommended for a variety of other activities.

Why should I wear a helmet?

- A fall from just two feet (60cm) can cause permanent brain damage – a helmet can save your life
- Helmets lower your risk of a serious head injury from a crash by 85%. The human skull can be shattered by an impact at 7-10 km/hr; children can cycle at average speeds of 10-15 km/hr.
- Be a role model – children who see adults and friends wearing helmets are more likely to wear their own

How do I choose the right helmet?

- Choose a helmet to match your specific activities. Helmets and safety standards ensure your head is protected from impacts common to that sport or activity, like skateboard helmets that cover more of the back of the head vs. bicycle helmets. Refer to the chart.
- Read the packaging, the labels inside the helmet, and the accompanying information.
- Check the packaging to see if the helmet is appropriate for more than one activity (multi-use).
- Check with your sports organization to see if certain features on helmets are required, like visors or facemasks.
- Pick one you like – and wear it every time

How can I tell if my helmet fits?

- Measure head circumference before purchasing. Helmets come in different sizes and for different ages.
- Read all fitting instructions provided.
- Ensure helmet lies level on the head, not tilted forward or back.
- Tighten all straps and shake your head in all directions. If it moves, the straps need to be tightened further or extra padding added inside. If it still moves when you shake, it's too big, you need a smaller size
- Avoid wearing hair clips, high ponytails, braids or ball caps underneath a helmet- they interfere with the fit. Thin toques are okay for winter activities.

When do I have to replace a helmet?

- Helmets have a lifespan of 5 years max. Look inside the helmet and on the packaging for a date of manufacture and recommendations for replacement.
- A single impact helmet, like bicycle helmets, need to be replaced after one crash, even if you can't see any visible signs of damage
- A multiple impact helmet, like hockey helmets, can withstand more than one blow. Watch for signs of damage like cracks or dents and replace if needed.



Buyer Beware

It is probably not safe to buy or use a second-hand helmet. You don't know the crash history and often don't know the age of the helmet.