

Use your Head, Wear a Helmet!

Why Wear a Ski/Snowboard Helmet?

- ❖ Properly fitted helmets can prevent or reduce the effects of 50 percent of head injuries suffered by children under the age of 15 while skiing or snowboarding



Essential Tips for Proper Helmet Fit

- ◆ **Measure your head**
 - Wrap a measuring tape just above the eyebrows to make sure you get an accurate measurement for your helmet size.
- ◆ **Putting on the Helmet**
 - Align the front rim of the helmet about 1 inch above your eyebrows. Hold the straps on both sides and roll the helmet over the back of your head.
- ◆ **Check for Gaps**
 - Pads should be even against your cheeks and forehead. The back of your helmet should not touch the nape of your neck.
- ◆ **Goggles Test**
 - Try on your pair of goggles and make sure they fit properly on your helmet.
- ◆ **Roll Test**
 - With the chin strap fastened your helmet should be snug and comfortable. Try to roll you helmet off your head. If the skin on your forehead moves, you have a good fit.
- ◆ **Get a Helmet that Fits Now**
 - A helmet is not something you should plan on growing into.

Tips for Helmet Use

- **Be sure to replace your ski helmet every five years.**
 - Materials used in the helmet break down over time.
- **Check your child's helmet before each season.**
 - Children grow rapidly, so make sure the helmet fits properly.
- **Replace your child's helmet if they take a hard fall.**
 - Helmets are made to endure only a single-impact.
- **Use a helmet designed specifically for skiing or snowboarding.**
 - Look for the safety standard sticker on the inside of the helmet, either ASTM or Snell.
- **Act as a role model for your children.**
 - Children learn safety behaviors from watching adults. If you are wearing a helmet, your child will be more likely to wear a helmet as well.
- **Educate children to ski/snowboard cautiously, even when a helmet is worn.**
 - The number one priority is responsible and safe riding.
- **If your child does hit their head, make sure they are evaluated by a medical professional.**



Do YOU put a lid on YOUR kid?!?