

Protect Your Head!



ThinkFirst...

Always wear a helmet



Remember... 2•V•1

- 2 fingers distance from helmet to eyebrow
- straps form a "V" under the ears
- 1 finger between chin and chin strap

Check to make sure...

- the helmet has been tested for the activities you will be using it for
- the helmet meets safety standards (ASTM / SNELL / CPSC / CE / CSA)



bicycling?



in-line skating?



field sports?



skateboarding?



Display is courtesy of Safe Start, the injury prevention program of BC Children's Hospital