BICYCLE HELMETS

Gear Up! All About Helmets
Riding bicycles and tricycles is a healthy and fun activity for children. Take time to talk with your child about safety gear, especially helmets, before they take their first ride.

Wear it Right ... Every Time!
Follow the 2-4-1 rule to make sure your child’s helmet is worn correctly. After fitting it to the rule, have your child shake their head. If the fit is right, the helmet will stay on tight.

Finding the Helmet That’s Right For Your Child
- Choose a helmet that meets or exceeds the safety standards set by the U.S. Consumer Product Safety Commission (CPSC). Look for the CPSC sticker located inside the helmet or on the packaging.
- Always buy a new helmet. You may not know the history of a used helmet. Helmets are designed to work in only one crash, after which they should be replaced.
- Allow your child to help pick out their helmet. They will let you know if it is comfortable. Your child is more likely to wear it if they like the color and style.

Helmet use can reduce the risk of severe brain injury.

Start early.
Make sure your child wears a helmet with their first tricycle.

Be a role model.
Chances are if you wear a helmet, your kids will too.

Make it a habit.
When children do something over and over, they will eventually remember to do so without being told.

“No helmet. No ride.”
Make it a rule.

Sources: National Highway Traffic Safety Administration, *City of Toronto and ThinkFirst Foundation