USE YOUR HEAD… WEAR A HELMET!

ADJUSTING A HELMET

The helmet should fit squarely on top of the head.

1. The distance between the eyebrow and the edge of the helmet should not exceed 2 fingers.

2. Only 1 finger’s width between the chin and the strap.

3. Side straps should form a “V” under the ears and slightly in front of the earlobes, by adjusting the slider. They also should be well aligned and not twisted.

WATCH OUT!

- Replace the helmet if it is more than 5 years old.
- Don’t buy a used helmet.

TRAUMA CENTRE Montreal Children’s Hospital 1001 Decarie Blvd, Montreal (QC) H4A 3J1
Tel.: 514-412-4400, extension 23310 | www.thechildren.com/trauma
facebook.com/lechildren | twitter.com/hopitalchildren | youtube.com/thechildrens

To order more copies of this brochure, call 514-412-4307 2018/01 – 24