

How To Choose A Bicycle Helmet

Standards

Buy only helmets that are CSA, ASNI or Snell approved because they are safer.

- Types

- Hard Shell

- thick hard covering over a foam liner, which may prevent a sharp object from puncturing the helmet

Thin Shell

- thin layer of plastic covering the foam liner
- lighter than hard shell helmets

Soft Shell

- no covering over the foam liner
- the lightest helmet
- no protection against penetrating objects
- does not slide along rough pavement, which increases the possibility of neck injuries.

Fitting Your Helmet

See that your helmet fits correctly. It should be snug and comfortable, fitting squarely on the head, and covering the top of the forehead.

Adjustable foam pads and chin straps ensure a good fit, and compensate for a child's growth.

This Information has been provided courtesy of the

Saskatchewan Brain Injury Association

A non-profit organization dedicated to the prevention of brain injury and to improving the knowledge, services, and quality of life of the brain injured, and their families and care-givers.

1702—20th St W Saskatoon, Sask. S7M 0Z9

Phone (306) 373-1555 Fax: (306) 373-5655 Toll Free: 1-888-373-1555

Visit Our Website at: www.sbia.ca