

Wear a  
Helmet and...

**Helmets Save  
Lives!**






# Save Your MELON!

**"Be a Winner,  
Always Wear a Helmet."**

-- Jim Hopson,  
Honorary Spokesperson for SBIA, Former Roughrider Player,  
and Former President & CEO, Saskatchewan Roughrider Football Club

**Helmets reduce the severity of a brain injury because they absorb the energy of an impact instead of the head, face or brain.**

## **CONSIDER THESE FACTS:**

-  In Canada, one cyclist dies each week.
-  Cyclists who do not wear a helmet are three times more likely to die from brain trauma than those who wear protective headgear when riding.
-  Jurisdictions that introduced helmet legislation found a 30% increase in helmet usage.
-  Wearing a helmet can greatly reduce the severity if a brain injury occurs.
-  Research indicates wearing a safety approved bicycle helmet can reduce the risk of traumatic brain injury by over 85%.

**You only have one  
brain, so protect it:  
Wear a helmet!**



Saskatchewan  
Brain Injury  
Association

**SBIA**

Phone: **1-888-373-1555**

Website: **www.sbia.ca**

## HELMET BASICS:

Different activities require different helmets.

Helmets should be worn for all wheeled activities such as skateboarding, biking, and inline skating.

Helmets with face protection should be worn for contact sports like football and hockey. Look carefully at the certification marks on the helmet to make sure it's appropriate for the activity.

We recommend you go to the following website to find guidelines (and certifications) on which helmets are appropriate for which activities. [helmets.org/cpsc/pam.pdf](http://helmets.org/cpsc/pam.pdf)

### ***Buying a Used Helmet is NOT Recommended:***

Even though a helmet may not have physical signs of damage, it may have absorbed all that it can.

Bicycle helmets are typically designed for only one severe impact, like a fall onto pavement. Once an impact has occurred, the EPS lining used in helmets can have significantly reduced effectiveness, and therefore must be replaced.

Certain helmets, such as those used for hockey and football are designed to absorb the impact of multiple hits.

***With all helmets, make sure it fits properly. If it has a facemask or visor, make sure it fits the helmet model.***

## HELMET FITTING

The helmet should fit snugly.

It should be worn level on the head.

The chinstrap should form a "V" directly under earlobe.

The straps should be tight enough to allow one finger between the straps and the chin.

### **Use the Eyes, Ears & Mouth Helmet Fit Test:**

**EYES:** Look up with the helmet on, you should be able to see the bottom of the rim of the helmet. The rim should be one or two finger widths above the eyebrows.

**EARS:** When buckled, straps should form a "V" under the ears.

**MOUTH:** Open your mouth as wide as possible. The chinstrap should feel snug against the chin, with the helmet secure on the head. Tighten if necessary to ensure the buckle stays flat against the skin.

