



Thunder Bay District
Health Unit
www.tbdhu.com

THE FACTS:

Choosing the Right Helmet

There are different helmets for different types of activities. Each helmet is made to protect your head from the impacts common to a particular sport or activity. Be sure to wear a helmet that is made for the activity you are involved in. There are two basic types of helmets.

1. Single Impact (SI) Helmets: contain foam designed to protect your head against a single hard fall
2. Multiple Impact (MI) Helmets: contain foam designed to withstand several falls

Reduce your chances for head injury by wearing the right helmet for your chosen activity.

Activity	Recommended Helmet
Bicycling (SI)	Bicycle Helmet
In-Line Skating (SI / MI)	Bicycle or In-Line Skating Helmet
Scooter-riding (SI)	Bicycle Helmet
Skiing (SI)	Skiing Helmet
Snowboarding (SI)	Skiing or Snowboarding Helmet
Tobogganing (SI / MI)	Ski or Hockey Helmet
Ice Skating (MI)	Hockey Helmet
Hockey (MI)	Hockey Helmet

For further information regarding helmet use and fitting contact Marita at 625-5962 or marita.campbell@tbdhu.com