

Wear It Right Everytime!

Get to know your 2-4-1 Bicycle Helmet Safety Salute!
Wearing a properly fitted helmet can save your life. Thinkfirst...be safe!



- Check for the safety sticker inside. CSA, ASTM, CPSC or SNELL



- No decorating helmets with paint or stickers



- No cracks, dents or damage



- Pads touch head at front, back, sides & top



- NO Hats



- No high pony-tails



- 2 fingers above the eyebrow



- 4 fingers to represent the V strap fitting tightly under each ear lobe



- 1 finger under chin strap

Help us to ensure that every Canadian School is using our Free Injury Prevention Curriculum. Order today by calling 1-800-335-6076 or order online at www.thinkfirst.ca

thinkfirst



pensez d'abord

CANADA

Helmet Safety Tips

- Youth under 16 must wear a helmet when cycling. This is the law.
- Youth should also wear a helmet for other activities such as in-line skating, skateboarding and scootering.
- Some helmets will only protect the head for one impact. Helmets should be replaced if they have cracks, dents or damage.
- Check a local sports store for more information on helmets.



WEAR THE GEAR



Thunder Bay District
Health Unit
www.tbdhu.com