

Helmets for all Seasons

Head injuries can have life changing impacts on the lives of children, youth and their families. Wearing a helmet can prevent 70-90% of head injuries.

REMEMBER...

- Children's head sizes change a lot as they grow, so helmets need to be adjusted or replaced as needed.
- Replace helmets after 5 years, or if damaged.
- Stickers can hide a crack and are not recommended.
- Children look up to you; be a good role model and properly wear an approved helmet.

ALWAYS...

- Choose the correct size, helmets should fit snugly.
- Follow the directions on the helmet package.

NEVER...

- Let your child wear a hat under a helmet. Wearing a hat makes it hard to get a good fit, so the helmet won't protect the head as well as it should.
- Buy a large helmet for your kids to grow in to.

COMMON PRODUCT STANDARDS FOR HELMET USE IN ONTARIO

ANSI: American National Standards Institute

AS: Australian Standard

ASTM: American Society for Testing and Materials

BS: British Standard

CPSC: Consumer Products Safety Commission (US)

CSA: Canadian Standards Association

DOT: Department of Transportation (US)

EN: European Standard

NOCSAE: National Operating Committee for Sports Equipment

Snell Memorial Foundation

BASEBALL HELMET

- Double earflap helmets are to be worn while at bat, in the on-deck circle and on the base paths in all age categories.
- Protective helmets and masks are to be worn by all catchers in all age categories.
- Certified by CSA.



FOOTBALL HELMET

- Should be worn by all players at all times.
- Certified by NOCSAE.



BIKE HELMET

Cycling

- Must be worn by all children and youth under 18.
- Are made to protect against one hard fall (single impact) and need to be replaced after a crash.
- Certified by CSA, CPSC, ASTM or Snell.



In-Line Skating

- Recommended to wear a bike helmet or an in-line skating helmet.
- Protects the back of the head.
- Certified by CPSC, CSA, ASTM or Snell.



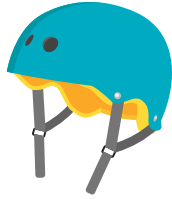
Scooters

- Recommended to wear a bike helmet while using a scooter.

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SKATEBOARD HELMET

- Protects against many, less forceful impacts.
- Cover more of the back of the head.
- Not recommended for cycling unless specified on the label.
- Certified by ASTM F-1492 or Snell-94.



HOCKEY HELMET

Hockey

- Are designed for multiple impacts.
- Certified by CSA.
- **Organized Hockey**
 - ♦ All minor hockey players must wear a helmet with an attached visor or cage as directed by Hockey Canada.
- **Recreational Hockey**
 - ♦ Recommended that an approved hockey helmet be worn at all times.



Skating

- Recommended that an approved hockey helmet be worn at all times.

SKI HELMET

Alpine (downhill) Skiing & Snowboarding

- Recommended for use by all ages regardless of skill level.
- Can wear a thin, fleece liner under a ski helmet.
- Certified by Snell, ASTM, EN or CSA.



Tobogganing

- Ski or hockey helmets can be worn to prevent head injuries while tobogganing.
- There is no specific tobogganing helmet on the market.

ATV OR SNOWMOBILE HELMETS

All-Terrain Vehicles (ATVs)

- Recommended that an ATV helmet be worn at all times
- These helmets can withstand high speed impacts.
- Certified by CSA, DOT or Snell.



Snowmobiling

- ATV or snowmobile helmets are required at all times and will provide good protection.
- Certified by CSA, Snell, DOT or ANSI.

WANT MORE INFORMATION

- Ministry of Transportation
- Parachute Canada
- Health Canada
- Hockey Eastern Ontario
- TBDHU

Adapted with permission of the Children's Hospital of Eastern Ontario