



Name: \_\_\_\_\_

## Helmet Safety Worksheet

Wearing your helmet when you ride your bike is the law in British Columbia. Your helmet will protect you if you are ever in a biking accident or if you fall. However, if you don't wear your helmet properly, it will not be able to do its job. Here are four easy ways to tell if you have a good helmet that fits:

**1. Safety Sticker** Your helmet should have a safety sticker on the inside. This sticker tells you that it is a safety certified helmet that has been tested and approved for cycling by ANSI, CSA, or Snell. Never substitute a hockey or baseball helmet for biking. Check to see if your helmet has a safety sticker!

**2. Snug** Your helmet should fit your head snugly so it can't wobble or fall off! Make sure it's not too tight, though, because that will give you a headache!

**3. Straight** Your helmet should rest just above your eyebrows. Make sure that it doesn't slip forward to cover you eyes, or slide back where it can't protect your forehead and face well. You should adjust your helmet every time you put it on.

**4. Straps** Your helmet's straps are very important. You should never ride your bike without the straps clipped. Good straps clip snugly beneath the chin so only two extra fingers can squeeze in. The "Y" shaped part of the strap should fit around your ears.

### Activity #1 Which helmet fits properly?

Here are some kids wearing helmets. Circle the child with the best fitting helmet. Tell us what's wrong with the other pictures.



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answers on the back