Helmet Safety Information

There is at least a 50% chance you will hit your head if you are involved in a bicycle, skiing, snowboarding, skateboarding or motorcycle accident. The chances of having a bad head injury are reduced if you are wearing a proper helmet. A blow to the head does not have to be very hard to cause a long-lasting injury. Even low speed falls can cause brain injury. Most minor head injuries cause a few days of headache and dizziness. More severe head injuries can cause permanent brain damage, coma, and death.

When you buy a helmet, be sure to get one designed for the activity you will be doing. Look for a helmet that has ASTM, CPSC, Snell, or DOT approval. Be sure it fits properly. It should be snug enough to stay on and be secured by a chin strap. It should not move more than an inch in any direction. It must not pull off. It should not cover your eyes. Pick white or a bright color for visibility. The helmet should have a hard outer shell and a hard, styrofoam-like inner lining. Soft foam inside a hard shell is less effective in preventing brain injury. After a crash or any impact that affects your helmet, replace it immediately.

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