

PUT A LID ON IT!

How To Properly Fit A Child's Bike Helmet

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

Ohio Chapter



Help save lives and prevent injuries by properly fitting and wearing helmets whenever you are riding a bike! Put a Lid on It and Protect Before You Pedal!

- Place the helmet low on the forehead, just above the eyebrows.
- Show the children that the helmet straps should be snug under the chin so the helmet stays in the same position.
- Show the children that the helmet should not move back and forth or side to side.
- Demonstrate that when children wear a helmet on the back of their head (move helmet so forehead is well exposed) that the helmet cannot do a good job of protecting the brain.

Checking

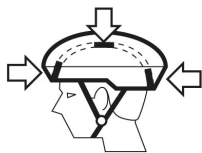


- ✓ Has CSA, ASTM, CPSC or SNELL label inside.



- ✗ No cracks, dents or damage.

Fitting



- ✓ Pads touch head at front, back, sides and top.

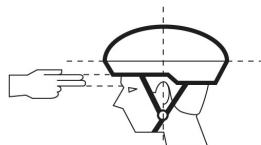


- ✗ Not too big or loose.



- ✗ Not too small or tight.

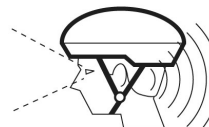
Wearing



- ✓ Helmet sits level—about 2 fingers above eyebrows.



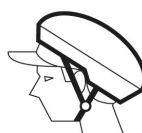
- ✓ Chin strap is snug. Straps meet just below ears.



- ✓ Vision and hearing are not blocked.



- ✗ Do not wear on back of head.



- ✗ No hats or kerchiefs.



- ✗ No hair in way.