



TRAILHEAD
REAL ESTATE

KIDS HELMET SAFETY CHECKLIST

STAY SAFE. RIDE SMART. HAVE FUN.

Before your child pedals off, run through this quick checklist to make sure their helmet is doing its job:

1. RIGHT FIT IS EVERYTHING

- ☐ **Snug, not tight:** The helmet should feel secure, not wobbly.
- ☐ **Flat and level:** It should sit low on the forehead—1-2 finger-widths above the eyebrows.
- ☐ **No tilting:** It shouldn't rock forward, backward, or side to side.

2. ADJUST THE STRAPS

- ☐ **Y straps meet below ears:** The side straps should form a “Y” shape just under the ears.
- ☐ **Chin strap snug:** You should be able to fit one finger between the strap and your child's chin.

3. DO THE SHAKE TEST

- ☐ Have your child shake their head “yes” and “no.” The helmet shouldn't move more than an inch in any direction.

4. INSPECT THE HELMET

- ☐ **No cracks or dents:** Replace if damaged—even if it looks minor.
- ☐ **Label check:** Look for a safety certification inside the helmet.

5. REPLACE WHEN NEEDED

- ☐ Replace every 5 years or immediately after a crash.

Pro Tip from Chaz: “I always tell families—kids outgrow helmets like shoes. Double-check fit at least twice a year.”

BROUGHT TO YOU BY: CHAZ HALBERT, Local REALTOR + Cycling Enthusiast

Take a ride down the trail to your dream home.™

This resource is meant to be a helpful guide, not a substitute for professional advice. Be sure to follow your equipment's manufacturer instructions and check with a certified expert if you're unsure about safety. Trailhead Real Estate, Halbert Homes LLC., and Chaz Halbert can't be held responsible for any injuries or accidents—ride safe out there!