

Winter Sport Helmets

A properly fitted helmet can greatly reduce the risk of head injury.



A ski or snowboard helmet should:

- Fit snug but comfortably. Pads should touch the cheeks and forehead.
- Sit 2 fingers above the eyebrows.
- Allow no more than 1 finger width under the chin strap.
- Not touch the nape of the neck.



To fit a hockey helmet:

- Open the helmet to its largest setting.
- Place the helmet on the head. Downsize the helmet until it fits comfortably snug.
- Follow helmet manufacturer guidelines for proper fitting of face protectors.

The helmet should:

- Make contact with the top of the head and sit 1 finger width above the eyebrow.
- Allow no more than 1 finger width under the chin strap.










Fit your helmet every time you put it on!

More tips:

<http://www.mcmasterchildrenshospital.ca/hhi>

Winter Activities

Choose the right helmet for the right activity.

Helmet Type	Activity	Impact
<p>Hockey Helmet</p> 	  <p><input checked="" type="checkbox"/> Hockey <input checked="" type="checkbox"/> Ringette</p>   <p><input checked="" type="checkbox"/> Ice Skating <input checked="" type="checkbox"/> Sledding</p>	Multiple
<p>Ski/Snowboard</p> 	  <p><input checked="" type="checkbox"/> Skiing or Snowboarding</p>	<p>Mostly single</p> <p>Only CSA is multiple impact</p>
<p>Check helmet for certification</p>	<ul style="list-style-type: none"> • Ask your retailer • Look for the CSA, ASTM, or SNELL label on the inside 	

Replace helmet after serious impact, when you see damage or every 5 years.

Love your brain. Put a lid on it!

