

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™






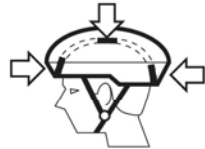


Ohio Chapter

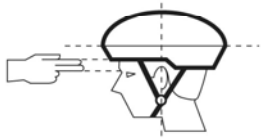



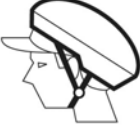



Help save lives and prevent injuries by properly fitting and wearing helmets whenever you are riding a bike! Put a Lid on It and Protect Before You Pedal!

- 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 | | |
|--|---|--|
|  |  |  |
| <input checked="" type="checkbox"/> Has CSA, ASTM, CPSC or SNELL label inside. | <input checked="" type="checkbox"/> No cracks, dents or damage. | <input checked="" type="checkbox"/> No paint or stickers. |

| Fitting | | |
|---|---|---|
|  |  |  |
| <input checked="" type="checkbox"/> Pads touch head at front, back, sides and top. | <input checked="" type="checkbox"/> Not too big or loose. | <input checked="" type="checkbox"/> Not too small or tight. |

| Wearing | | |
|---|--|---|
|  |  |  |
| <input checked="" type="checkbox"/> Helmet sits level—about 2 fingers above eyebrows. | <input checked="" type="checkbox"/> Chin strap is snug. Straps meet just below ears. | <input checked="" type="checkbox"/> Vision and hearing are not blocked. |
|  |  |  |
| <input checked="" type="checkbox"/> Do not wear on back of head. | <input checked="" type="checkbox"/> No hats or kerchiefs. | <input checked="" type="checkbox"/> No hair in way. |