

When to Replace a Helmet?

Replace any helmet when your child crashes in it. Impact crushes some of the foam. The helmet is less protective although the damage may not be readily visible.

Helmets soften impact, so the child may not even be aware that their head hit until you examine the helmet for damage.

Replace the buckle if it cracks or if any piece of it breaks off.

Nobody prompts you to replace your child's helmet, so give it some thought.

Bike Helmets for Other Sports?

The ASTM standards for biking and inline skating are identical, so a bike helmet is fine for normal inline skating.

There is no standard for tricycle or scooter helmets, but CPSC says bicycle helmets work well for them.

Aggressive extreme trick skating and skateboard helmets have a different ASTM standard, for multiple hits but lesser impacts. Most bike helmets are not made for that, although a few of them are. Skate helmets may not meet bike helmet requirements unless they have a CPSC bike standard sticker inside. Helmets for equestrian sports also have a unique design to resist a hoof.



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**BICYCLE
HELMETS
WHAT EVERY
PARENT
SHOULD
KNOW
from the
Madison County
Sheriff's Office**



Wearing a Bicycle Helmet is not only smart, but it is the law in New York State for any bicyclist under the age of fourteen.

Bicycles are a great source of fun and exercise. But, bicycling can be dangerous! On a bicycle, even a minor spill can mean serious head and brain injury.

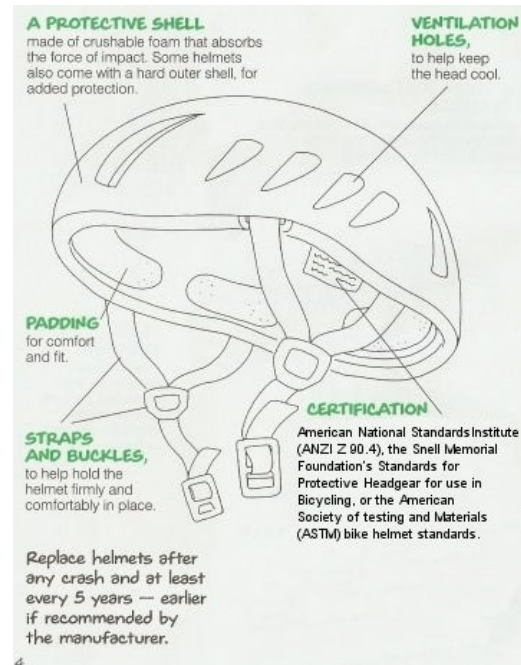
Fortunately, bicyclists can greatly reduce the risk of head injury by wearing a helmet.

A helmet may be the most important piece of bicycle safety equipment.

Children just learning to ride may have frequent falls. A helmet provides protection for the child—and some peace of mind for you during the learning stage.

Older children may have more control over their bikes. But, they often lack knowledge about the dangers and rules of the road.

THE BASIC BICYCLE HELMET comes in many models, styles and sizes. Whichever one you chose, make sure it has the following features:



WHAT TO LOOK FOR WHEN SELECTING A HELMET

PROPER FIT:

Before buying a helmet, have your child try it on.

- ◆ Position the helmet low on the forehead, not tilted back.
- ◆ Adjust the straps for a snug fit, and buckle the helmet.
- ◆ If you can move the helmet easily with your hand, add extra padding or try another style or model.

COMFORT:

Make sure the helmet has enough padding and adequate ventilation.

Other Tips:

Choose a helmet your child will wear.

Let your child decorate it with manufacturer-approved decorations

Make sure your child can buckle it easily.

Why not buy a helmet for yourself, too!