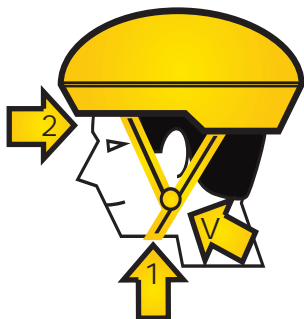


Wear a Helmet

88% of brain injuries can be prevented by wearing a properly fitted helmet.



2-V-1 Principle

- 2** Two fingers distance above the eyebrows
- V** Straps form a v-shape under the ears
- 1** One finger space between strap and chin

Fit your helmet every time you put it on!



✘ Not too big or loose



✘ Not too small or tight



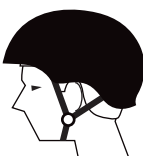











✘ No hats or bandanas



✘ No hair in way

Choose the right helmet for the right activity

Helmet type	Activity	Single or multiple impact
Bike Helmet 	 <input checked="" type="checkbox"/> Cycling	Single
Multi-Sport Helmet 	<input checked="" type="checkbox"/> Tricycling <input checked="" type="checkbox"/> Cycling   <input checked="" type="checkbox"/> Rollerblading  <input checked="" type="checkbox"/> Skateboarding <input checked="" type="checkbox"/> Scootering  	Multiple/Single
BMX Helmet 	<input checked="" type="checkbox"/> BMX Cycling <input checked="" type="checkbox"/> Longboarding  	Multiple
Check helmet for certification	<ul style="list-style-type: none"> • Ask your retailer • Read label on the inside (ASTM, CPSC or SNELL label inside) 	

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



Hamilton