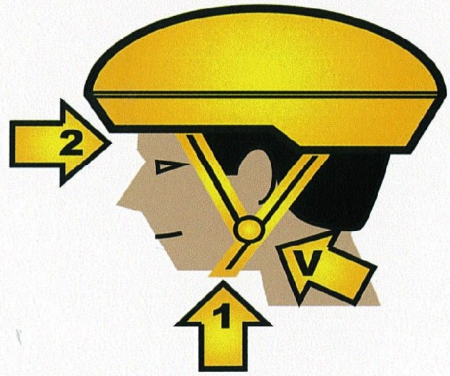
Protect Your Brain
Put a lid on it!

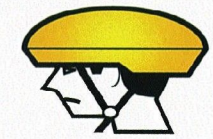
88% of brain injuries can be prevented by wearing a properly fitted helmet.



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

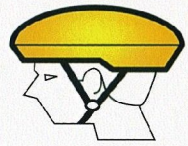
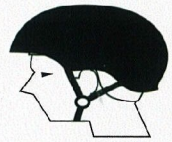
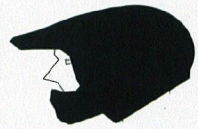
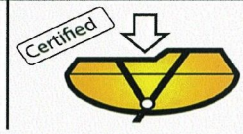


No hair in way

More info:
http://biaph.com/abi-prevention-education/bike-helmet-safety-checklist/

Wheeled Activities

Choose the right helmet for the right activity.

Helmet Type	Activity	Single or Multiple impact
Bike Helmet 	 Cycling	Single
Multi-Purpose Helmet 	 Tricycling  Cycling  Rollerblading  skateboarding  scootering	Multiple/Single
BMX Helmet 	 BMX Cycling  Longboarding	Multiple
Check helmet for certification	• Ask your retailer • Read label on the inside (CSA, ASTM, CPSC or SNELL label inside)	

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

GLUCKSTEIN
PERSONAL INJURY LAWYERS

PEEL REGIONAL POLICE

OTLA Ontario Trial Lawyers Association

peel District School Board

BIAPH
Brain Injury Association of Peel and Halton