



Helmets

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The correct, properly fitted helmet can help protect your brain by absorbing the force from a crash or a fall, dramatically decreasing the risk of serious injury.

A brain injury can permanently change the way an individual walks, talks, plays and thinks.

In order for helmets to protect adults and children properly, they must be correctly fitted and secured. You also need to choose the right kind of helmet for the right kind of sports or transportation activity.

Some helmets are designed for a single impact, such as a bicycle helmet, and must be replaced after an impact. Others are multi-impact, such as hockey helmets, and are designed to protect against more than one impact, but must be replaced when you see damage.



RESOURCES

Helmet safety activity – egg drop

PDF/UA



Helmet safety activity – melon drop

PDF/UA



MEDIA

How to choose the right size and type of helmet for your child

LINK

Active for Life — July 15, 2020

Tips on picking out the right helmet

LINK

Global News — January 2, 2014
