

Helmet Safety Checklist

● **Helmet must not be too big or small**

● **Helmet sits:**

- level on head
- two fingers above the eyebrows

● **Straps must:**

- lie flat
- not be loose
- meet under the ear in a "V" shape

● **Chin strap must fit snugly**

- one finger width between chin strap & chin

● **Helmet must not move once strapped in place**

● **Helmet must have no:**

- paint stickers
- crack, dents or damage

● **Certified helmet**

- CSA, ASTM, CPSC or Snell

