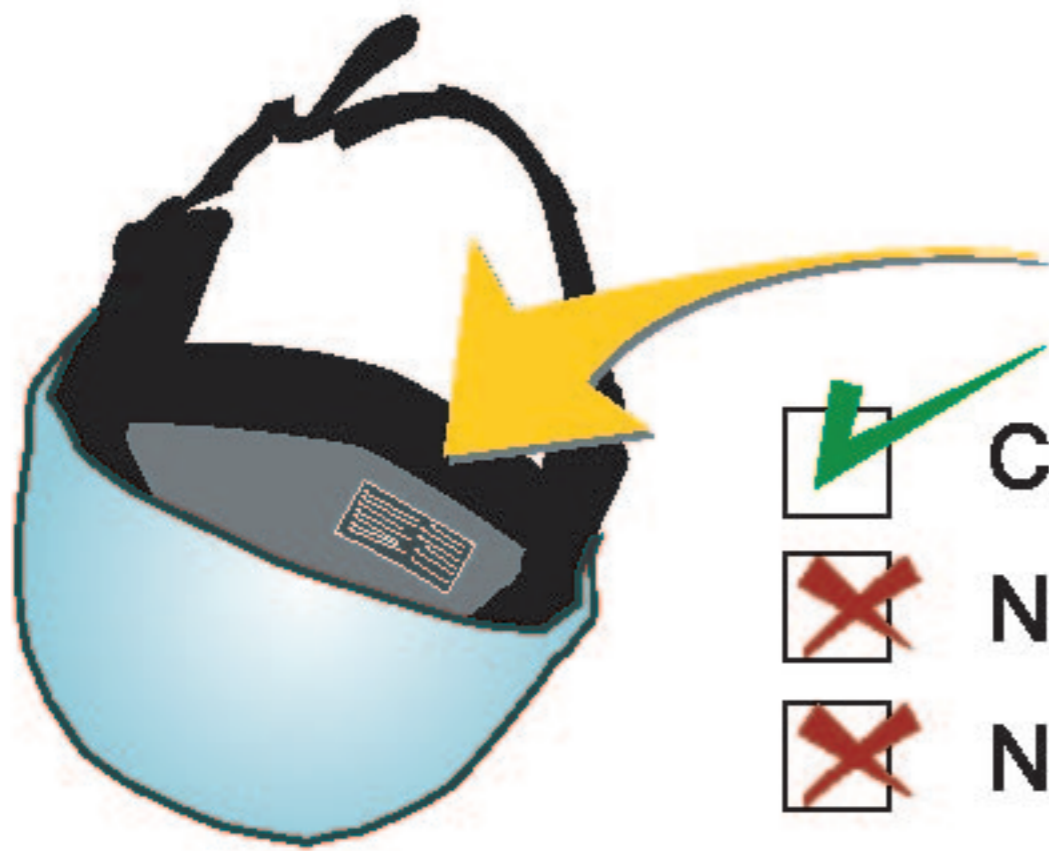


# WEAR IT RIGHT EVERY TIME

The **Do's** and **Don'ts** of Ski and Snowboard Helmets

## Think **First**... Be **Safe!**



- Check for the safety sticker inside. E.g. CE/ASTM/ SNELL
- No decorating helmets with paint or stickers.
- No cracks, dents or damage.



**Take Note:** Some helmets are multi-impact and some are single impact. Read the instructions on when to discard your helmet. ● Helmet and head shape affect your helmet selection. Finding the right model and size helps. ● Determine correct size - Wrap tape around head, above eyebrows and ears. Your size is the point of overlap of the tape.

## Wearing the right helmet is key for safety!

Only use approved ski and snowboard helmets. Other helmets, such as a bicycle helmet, are designed to take impact differently, and offer different areas of protection. Ski and snowboard helmets help to make skiing and snowboarding safe, and can also be used when tobogganing.

Help us to ensure that every Canadian School is using our Free Injury Prevention Curriculum.  
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