



Checking bike helmets

We have been learning about the advantages of wearing a bike helmet correctly. Would you please help your child to check their helmet to make sure it will give them the best protection?



Name _____

Name of person helping you _____

	Check	Score	Points
Size	When shaking the head, the helmet...	Moves	0
		Doesn't move	1
Position	Is the forehead protected?	No	0
		Yes	1
Straps	Buckle works?	No	0
		Yes	1
	Firm under the chin?	No	0
		Yes	1
	Condition of the straps?	Poor	0
Good		1	
Firm around the ears?	No	0	
	Yes	1	
Foam shell	Cracked?	No	0
		Yes	1
	Signs of breaking up?	No	0
Yes		1	
Plastic cover	Cracked?	No	0
		Yes	1
	Buckled?	No	0
Yes		1	
Colour	What colour is it?	Dark	0
		Light	1
Australian Standards label	Can see AS/NZS 2063 information?	No	0
		Yes	1
TOTAL POINTS			

Do I need a new helmet? YES NO

How can I improve my helmet score? _____

Thank you for playing a vital role in your child's road safety education.

