



# Check your helmet

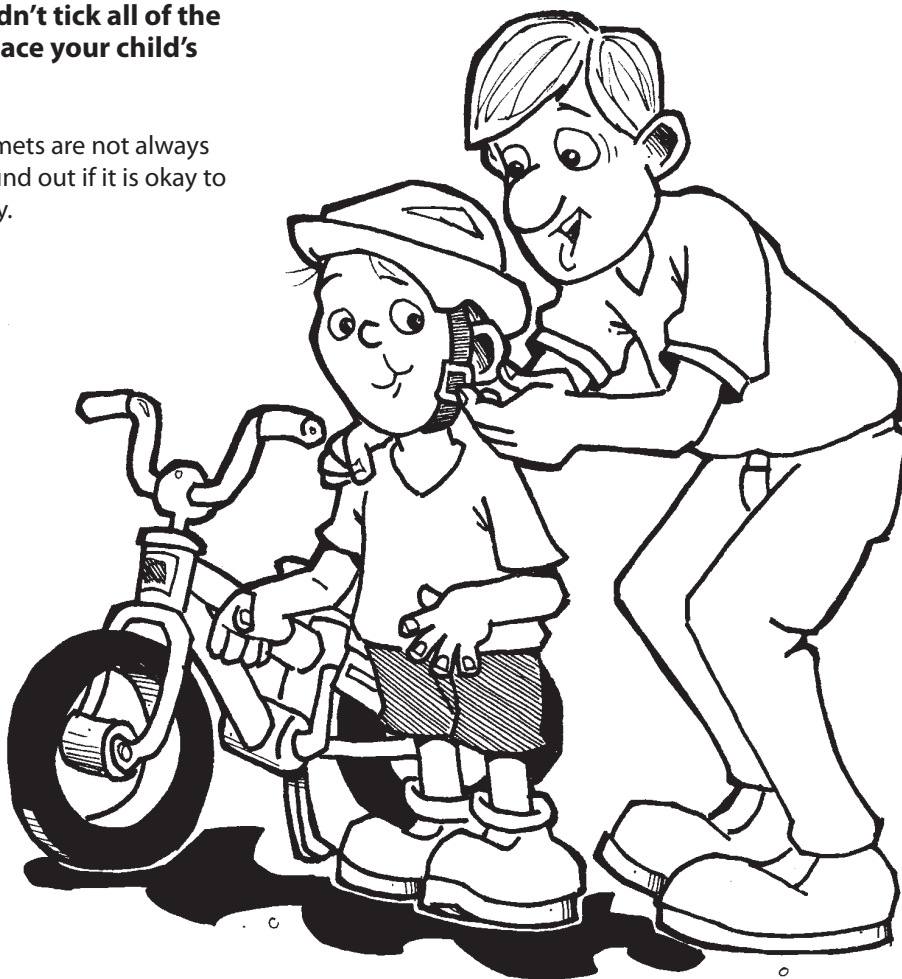
**A helmet that is worn correctly and fits properly can help to protect your child's head if they fall off their bike. Help your child to check that their helmet is the right size and okay to wear.**

## Checklist

- The helmet isn't too tight or too loose. It should be snug and not move around.
- The buckles can be clipped together.
- The helmet has not been in a crash.
- The foam on the inside doesn't have any dents.
- The plastic skin on the outside isn't buckled or cracked.
- The chinstrap isn't broken or frayed.

**How did you go? If you couldn't tick all of the boxes then you need to replace your child's helmet.**

Sometimes 'hand-me-down' helmets are not always safe to use. Use the checklist to find out if it is okay to wear or needs to be thrown away.



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