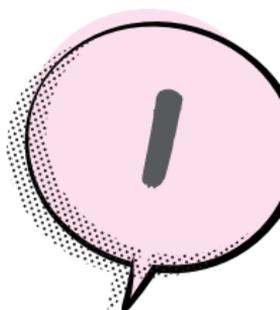
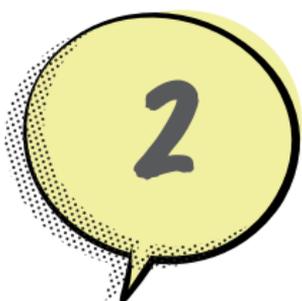


Know your helmet Salute!



2 Fingers
above your
eyebrow to
the bottom
of your
helmet.



4 Fingers to
make a
"V" shape
around the
bottom of
your ears.



1 Finger
under the
strap
beneath
your chin.

When should you replace your helmet?

- You are in a crash
- You drop it hard on the ground
- It has a crack in it
- The foam inside is falling apart
- It is 5 years old - even if it looks fine



Need more information?

Middlesex-London Health Unit
www.healthunit.com

Ministry of Transportation
www.mto.gov.on.ca

Parachute Canada
www.parachutecanada.org