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# Ski and Snowboard Helmets

## Safety tips

- Make sure that all equipment is in good condition.
- Wear a helmet that is made for skiing or snowboarding.
- Make sure that it fits and is secured properly. The helmet should cover the forehead and it should feel snug and comfortable with room for only one finger width under the chinstrap.
- Do not buy a helmet a child can “grow into” since the helmet must fit the child’s head snugly.
- Replace the helmet if it has been impacted in a fall or crash, even if it appears undamaged.
- Do not use bicycle helmets as a substitute because they are designed to provide protection at different speeds and from different surfaces.

Skiing and snowboarding are popular outdoor winter activities for people of all ages.

Always use caution when skiing or snowboarding.

Be safe! Wearing a ski or snowboard helmet will make sure that these outdoor activities remain enjoyable and fun.

## Which helmet should I use?

- There are various safety standards for ski or snowboard helmets including EN 1077, ASTM F2040, Snell RS 98 and CSA Z263.1.
- Health Canada recommends choosing a helmet that has a label or mark indicating compliance with one of those standards. Helmets that meet these standards are designed and manufactured to meet certain performance criteria.
- Do not use a second-hand helmet if you are unsure of its history or if it appears damaged.
- Be aware of product recalls! Check with the manufacturer and with Health Canada at [www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php](http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/index-eng.php)
- To report an incident involving a consumer product contact the manufacturer or retailer. You are also encouraged to contact Health Canada at [www.healthcanada.gc.ca/reportaproduct](http://www.healthcanada.gc.ca/reportaproduct) or by phone at 1-866-662-0666.

→ For more information contact Consumer Product Safety, Health Canada:  
1-866-662-0666 | [www.healthcanada.gc.ca/cps](http://www.healthcanada.gc.ca/cps) | [cps-spc@hc-sc.gc.ca](mailto:cps-spc@hc-sc.gc.ca)

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