

**BRAIN INJURY  
ASSOCIATION  
OF PEEL & HALTON**

2155 Leanne Blvd - Suite 240, Mississauga Ontario - L5K 2K8  
Tel: 905.823.2221 1.800.565.8594 Fax: 905.823.9960 E-mail: [biaph@biaph.com](mailto:biaph@biaph.com) [www.biaph.com](http://www.biaph.com)

**Bike Helmet Safety Checklist**

**● Helmet must not be too big or small**

**● Helmet sits:**

- level on head
- two fingers above the eyebrows

**● Straps must:**

- lie flat
- not be loose
- meet under the ear in a "V" shape

**● Chin strap must fit snugly**

- one finger width between chin strap & chin

**● Helmet must not move once strapped in place**

**● Helmet must have no:**

- paint stickers
- crack, dents or damage

**● Certified helmet**

- CSA, ASTM, CPSC or Snell

