



Helmet Safety Need-to-Knows

1. Protective helmets are important for more than just bike riding. Helmets also should be worn when riding on a skateboard or scooter; wearing inline, roller or ice skates; and even when skiing or snowboarding.
2. Consider a protective helmet a necessity, not an accessory. Parents should set a good example by always wearing a helmet.
3. When choosing a helmet, buy one that meets or exceeds the current safety standards developed by the U.S. Consumer Product Safety Commission.
4. If your child is involved in a crash that includes contact with the helmet, replace it immediately. While the helmet may look fine from the outside, structurally it may be unsafe.
5. To make sure helmets fit properly, do the “Eyes, Ears and Mouth” check:
 - EYES check: Position the helmet on your child’s head. Ask him or her to look up to see the bottom rim of the helmet (one or two fingers above the eyebrows).
 - EARS check: Make sure the straps of the helmet, when buckled, form a “V” under your child’s ears. The strap should be snug, but comfortable.
 - MOUTH check: Have your child open his/her mouth as wide as he/she can. If the helmet hugs his/her head and it doesn’t move, he/she is good to go. If it appears loose, tighten the straps.
6. If children are reluctant to wear a helmet, try letting them choose their own. They also can personalize their helmets by adding cool stickers or decals.

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