



Bike helmet check

Wearing a correctly fitted helmet will help to protect your child's head if they fall off their bike, scooter or skateboard.

What to check

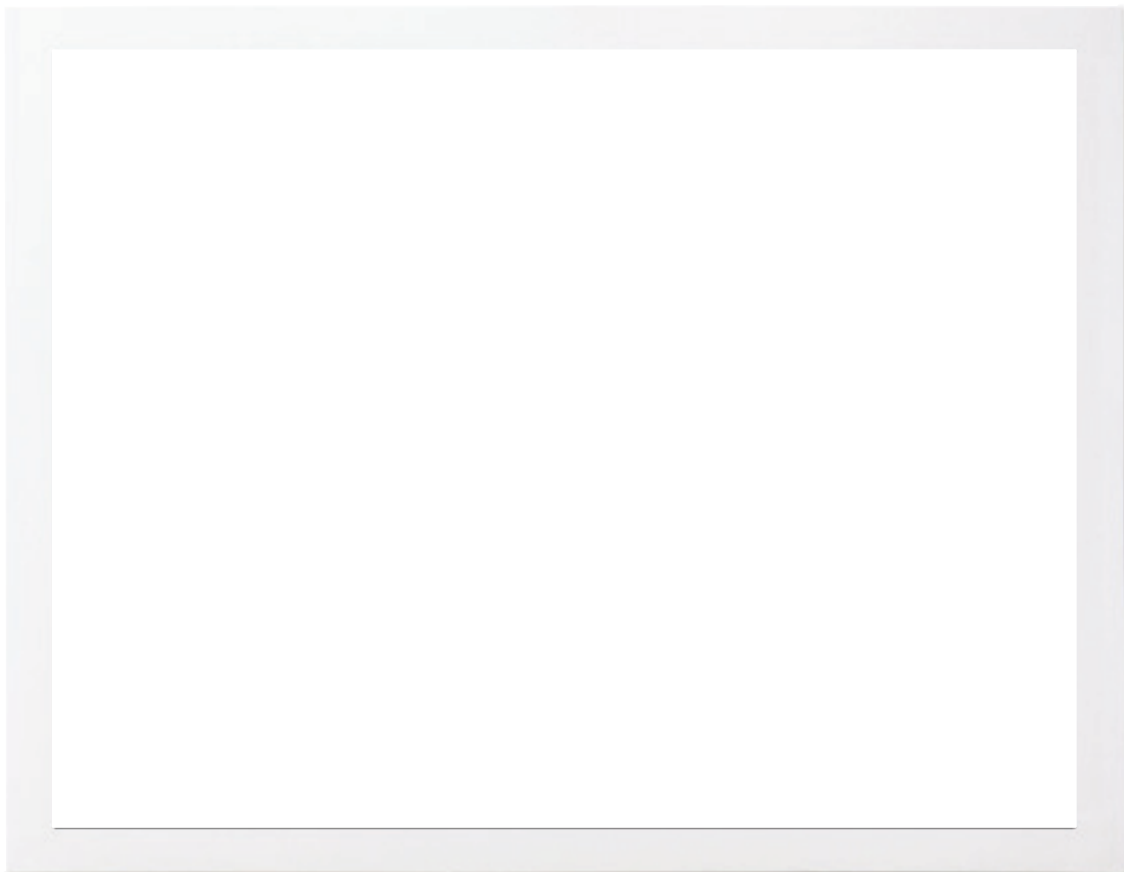
- The helmet has not been in a crash.
- The foam on the inside isn't dented or cracked.
- The plastic skin on the outside isn't buckled or cracked.
- The helmet isn't too tight or too loose.
- The chin strap isn't broken or frayed.
- The buckle clips together.

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

Does your child know how to put their helmet on correctly?

The earlier children learn how important it is to wear helmets whenever they ride, the more likely they are to continue wearing them as they grow older. Show your child how to put on their helmet and check that it is secure and buckled.

Take a photo of your child wearing their bike helmet and attach it here or your child can draw a picture of themselves wearing their helmet.



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

