

# Bike Helmets Procedure

## Purpose

This document describes how to fit bike helmets properly to protect children from head injury while they're on riding equipment.

## Guidance

Helmets provide the best protection against head injury. Regular use of helmets protects children from injury and helps them develop an important safety habit. Proper fit is the best means of protection from injury. Improper fit renders a helmet useless.

## Procedure

Children must wear a helmet whenever they are on bikes, scooters or any other riding equipment whether indoors or out.

### Fit the helmet properly for each child

- The helmet should be level on the child's head.
- The smallest size that fits over the head is best.
- Helmet pads should not be used to make a helmet that is too big fit the head.
- 1-2 finger widths should be visible between eyebrows and the front of the helmet.
- Straps should be even and form a Y under each earlobe.
- The buckled chin strap should have enough room to insert a finger between the buckle and the chin, but should be tight enough that when the child opens their mouth you can feel the helmet pull down on top.
- The helmet should not move up and back to reveal the forehead.

Individually labeled helmets for each child are preferred. If the helmets are shared, clean them between each use by wiping the helmets with a damp paper towel. Helmets should never be sprayed. These products may be unsafe for exposure to children.

There are many community resources where helmets can be obtained for free. Check local health department websites for listings or consult with your Regional Health Coordinator.

## Resources

Bike Helmet Safety: <http://www.seattlechildrens.org/safety-wellness/bike-helmet-safety/>