

# Choosing a helmet for your child

## How do I know what size helmet suits my child?

- Use a tape to measure around your child's head just above the eyes and ears.
- Match the measurement to the helmet sizes listed on the display box to find a helmet to fit your child.
- For maximum protection, the helmet must be a snug fit and securely fastened. If the helmet moves backwards or forwards, the risk of injury is increased.
- Regularly check that the helmet still fits your child properly.
- Involve your child in the selection of a helmet- they are more likely to wear it if they like it.

## What features should I look for in a child's bicycle helmet?

- Most importantly, look for the Standard's label AS/NZS 2063. This is usually displayed on the packaging and on the helmet. This label ensures that the helmet has passed through a rigorous testing regime and meets the stringent safety standard required by Australian state road laws. Not all helmets meet this standard!
- If buying a hybrid helmet for skating and bicycling check that it conforms to the Australian Standard for bicycle helmets.
- Very young children may not have enough strength in their neck muscles to support a helmet. Seek advice from a paediatrician.
- Bright colours will improve the chance of your child being seen by other cyclists, pedestrians, and most importantly, by car drivers.



## Is there anything else I should know?

- Do not use a second hand helmet- it may not work properly in an accident. Bicycle helmets are essentially manufactured for single impact protection, and damage sustained in an accident may not be visible.
- Despite the strength and life-saving abilities of a helmet when it is worn, it is a delicate item when not in use. Extreme heat can damage the shell and weaken the helmet.
- Clean the helmet with soap and water. Cleaning agents, drying the helmet in the sun or in front of a heater can also cause damage.
- Damage can occur to the lining of the helmet if it is dropped. The damage may not be visible, but it can weaken the helmet.
- For safety reasons, teach your child to remove their helmet when not riding their bike.

