

# Helmet Basics

★ Different \_\_\_\_\_ require \_\_\_\_\_ helmets.

★ Helmets should be worn for all \_\_\_\_\_ activities such as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

★ Helmets with \_\_\_\_\_ protection should be worn for \_\_\_\_\_ sports like \_\_\_\_\_ and \_\_\_\_\_.

**Buying a \_\_\_\_\_ helmet is \_\_\_\_\_ recommended.**

★ Even though a used \_\_\_\_\_ may not have \_\_\_\_\_ of damage, it may have \_\_\_\_\_ all that it can.

# Helmet Fitting



## Use the Eyes, Ears and Mouth Helmet Fit Test:

**Eyes:** Look up with the helmet on, you should be able to see the bottom of the rim of the helmet. The rim should be one or two finger widths above the eyebrows.

**Ears:** When buckled, straps should form a "V" under the ears.

**Mouth:** Open your mouth as wide as possible. The chinstrap should feel snug against the chin, with the helmet secure on the head. Tighten if necessary to ensure the buckle stays flat against the skin.

BLM 20

Design a helmet using a variety of line, shapes and colours.

