

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Helmet Safety

### Choose the right helmet

Before buying a new helmet, consider the following:

- Measure around your head at eyebrow level to know what size of helmet to buy
- Decide what kind of helmet you need: a bike helmet, just for biking, or a multi-sport helmet that is approved for biking and other sports such as skateboarding and in-line skating.
- Try different styles and brands to find the one that fits you best
- Check to make sure the helmet is safety approved for cycling and meets safety standards such as CSA, CPSC, Snell or ASTM.

### Wearing your helmet

- Make sure the helmet is level from front to back.
- Check that the front edge sits 1 to 2 finger widths above your eyebrows.
- Add or remove sizing pads, or adjust the ring fit system to make the helmet fit snugly.
- Adjust the straps to form a V just below and in front of your earlobes.
- Do up the chinstrap.
- Adjust the chinstrap so there's only one finger-width between your chin and the chinstrap.
- Fit the helmet tighter if it moves when you nod or shake your head.
- Wear your helmet every time you ride your bike.