**Wellness Articles**

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

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.