



Tony the Toque



Talks

HELMET SAFETY

Why Wear a Helmet?

Helmets reduce brain injuries on the ski slopes by 42 per cent. Head injuries are responsible for **87.5** per cent of all fatalities. People wearing helmets are less likely to suffer other injuries.

The Right Fit - Choosing a Helmet

When selecting a helmet, make sure it fits properly and is comfortable. Helmets should not be too snug or tight and there shouldn't be too much room on the sides. If your helmet does not fit correctly, it won't protect you properly.

Choose a certified helmet made for snow sports. Look for ASTM F2040, Snell RS-98 or CEN 1077 standards.

Helmets should:

Cover the front of your forehead, back of your neck, temples and ears.

Keep your field of vision clear.

Allows you to wear ski goggles.

Allows you to hear clearly.

Have an adjustable chin strap.

Allows good ventilation.

For information or membership inquiries, please contact the
Canadian Ski Patrol System.

www.skipatrol.ca

BE AWARE. RIDE WITH CARE.