

Infant Helmet Guide



→ **By law, all Manitoba cyclists under 18 years of age must wear a bike helmet. This includes infants and toddlers riding in a bike trailer or bike carrier and while riding on a tricycle or a push bicycle.**

Bike helmets are important. In a crash, a helmet can reduce the risk of a serious head injury by up to 85%.

When shopping for a helmet for your child, look for one that ...

- ✓ Is certified by CSA, CPSC, ASTM or Snell.
- ✓ Is recommended for cycling. Look for a bike helmet or a multi-sport helmet that it is approved for cycling.
- ✓ Fits the shape and size of your child's head.
- ✓ Fits your child now, but can be adjusted to fit as he or she grows.
- ✓ Is comfortable and that your child likes.

Bicycle Helmets for Infants/Toddlers

It can be challenging to find a helmet small enough to fit a young child.

The Consumer Product Safety Commission (CPSC) introduced new standards for children over 1 year of age where the helmets are designed to fit smaller heads.

This chart lists the smallest helmets that we found available in Winnipeg. These helmets all meet the CPSC standard for children over 1 year of age. Look inside the helmet and on the package to see the size range of the helmet.

Infant Helmets Available in Winnipeg

BIKE HELMET MAKE/MODEL	FITS HEAD CIRCUMFERENCE
Specialized Small Fry Toddler	44-52cm
Bell Tater XS Kids	45-60cm
Bell Splash Universal Toddler	46-50cm
Schwinn Toddler Helmet	46-50cm
Supercycle Kidz Cross Trails Bicycle Helmet (Toddler)	47-50cm
Bell Infant Helmet Sprout	47-51cm

PRICES RANGED FROM \$15-\$60 DEPENDING ON MODEL AND RETAILER. (AS OF JUNE 2013)

How to fit your child's helmet

→ Use a tape measure to find your child's head size. The helmet packaging will tell you the size range that it fits.



→ Go by the head measurement, rather than the child's age. While the smallest helmet fits the average 6-8 month old, it may be too large for older toddlers who are small for their age or born prematurely.

→ Straps can loosen over time. Check the fit of your child's helmet regularly and adjust the fit as needed.

→ Choose a helmet that fits snugly. Buy the size that fits right now, not a larger helmet for your child will grow into. Use the sizing pads or adjustable band to fit the helmet to your child's head. The helmet fits properly when:

- It does not wobble from side to side, or tilt from front to back.
- It does not move when your child shakes his/her head in any direction.
- The helmet stays level across the forehead just above the eyebrows.

Use the 2V1 rule:



"2" finger widths above the eyebrows.



The straps should form a "V" under each ear.



"1" finger should fit between the chin strap and the chin.

Take care of your child's helmet

Take care of the helmet so it will continue to offer good protection.

- Cycling helmets are intended to withstand one hard impact. Replace the helmet if it has been in a crash, or has had a hard fall, even if it does not seem to be damaged.
- Do not drop the helmet as this can cause damage.
- Avoid storing it in a hot place like the trunk of your car since heat can cause the foam to deteriorate.

→ Do not apply stickers to the helmet as this can weaken the plastic.

- Clean the helmet following the manufacturer's instructions.
- Replace helmets every three to five years because they deteriorate over time.